


























Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:30AM - 6:30AM</p>	<p> LES MILLS BODYCOMBAT 6:30AM - 7:00AM</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM</p>	<p> LES MILLS BODYCOMBAT 6:30AM - 7:00AM</p>	<p> LES MILLS BODYPUMP 5:30AM - 6:30AM</p>	<p> LES MILLS BODYATTACK 6:15AM - 6:45AM</p>	<p> LES MILLS BODYPUMP 7:30AM - 8:30AM</p>
<p> LES MILLS CORE 6:35AM - 7:05AM</p>	<p> LES MILLS BODYATTACK 9:30AM - 10:15AM</p>	<p> LES MILLS CORE 6:35AM - 7:05AM</p>	<p> LES MILLS BODYPUMP 7:15AM - 8:00AM</p>	<p> LES MILLS CORE 6:35AM - 7:05AM</p>	<p> LES MILLS CORE 7:00AM - 7:30AM</p>	<p> LES MILLS BODYATTACK 8:45AM - 9:15AM</p>
<p> LES MILLS BODYCOMBAT 7:15AM - 8:15AM</p>	<p> LES MILLS barre 10:30AM - 11:00AM</p>	<p> LES MILLS BODYBALANCE 7:15AM - 8:00AM</p>	<p> LES MILLS barre 10:30AM - 11:00AM</p>	<p> LES MILLS BODYCOMBAT 7:15AM - 8:15AM</p>	<p> LES MILLS BORN TO MOVE 10:30AM - 11:30AM</p>	<p> LES MILLS CORE 10:30AM - 11:00AM</p>
<p> LES MILLS GRIT CARDIO 12:00PM - 12:30PM</p>	<p> LES MILLS BORN TO MOVE 12:30PM - 1:10PM</p>	<p> LES MILLS barre 8:00AM - 8:30AM</p>	<p> LES MILLS BORN TO MOVE 12:30PM - 1:05PM</p>	<p> LES MILLS GRIT CARDIO 8:30AM - 9:00AM</p>	<p> LES MILLS GRIT CARDIO 11:45AM - 12:15PM</p>	<p> LES MILLS BODYBALANCE 11:00AM - 11:45AM</p>
<p> LES MILLS CORE 12:30PM - 1:00PM</p>	<p> LES MILLS BODYBALANCE 1:30PM - 2:00PM</p>	<p> LES MILLS BORN TO MOVE 12:30PM - 1:05PM</p>	<p> LES MILLS BODYBALANCE 1:30PM - 2:00PM</p>	<p> LES MILLS BODYBALANCE 12:45PM - 1:20PM</p>	<p> LES MILLS BODYPUMP 12:30PM - 1:15PM</p>	<p> LES MILLS CORE 1:15PM - 2:00PM</p>
<p> LES MILLS BODYPUMP 2:00PM - 3:00PM</p>	<p> LES MILLS GRIT CARDIO 2:00PM - 2:30PM</p>	<p> LES MILLS BODYATTACK 1:30PM - 2:00PM</p>	<p> LES MILLS BODYPUMP 2:00PM - 3:00PM</p>	<p> LES MILLS GRIT CARDIO 1:30PM - 2:00PM</p>	<p> LES MILLS BODYBALANCE 1:45PM - 2:45PM</p>	<p> LES MILLS BODYCOMBAT 2:00PM - 2:30PM</p>
<p> LES MILLS BODYATTACK 3:30PM - 4:00PM</p>	<p> LES MILLS BODYPUMP 3:00PM - 3:45PM</p>	<p> LES MILLS CORE 2:00PM - 2:30PM</p>	<p> LES MILLS GRIT CARDIO 3:30PM - 4:00PM</p>	<p> LES MILLS BODYBALANCE 2:15PM - 3:15PM</p>	<p> LES MILLS BODYCOMBAT 3:30PM - 4:30PM</p>	<p> LES MILLS GRIT CARDIO 3:30PM - 4:00PM</p>
<p> LES MILLS BODYPUMP 7:00PM - 7:45PM</p>		<p> LES MILLS BODYCOMBAT 3:00PM - 4:00PM</p>	<p> LES MILLS BORN TO MOVE 4:15PM - 5:00PM</p>	<p> LES MILLS BORN TO MOVE 3:30PM - 4:05PM</p>		<p> LES MILLS barre 4:00PM - 4:30PM</p>
		<p> LES MILLS BODYPUMP 7:00PM - 7:45PM</p>		<p> LES MILLS CORE 4:30PM - 5:00PM</p>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 5:45AM - 6:15AM</p> <p>LES MILLS sprint 6:30AM - 7:00AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS RPM 1:15PM - 1:45PM</p> <p>Personal Training 4:30PM - 5:30PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS CORE 5:30AM - 6:00AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS sprint 8:30AM - 9:00AM</p> <p>LES MILLS RPM 9:05AM - 9:55AM</p> <p>LES MILLS RPM 10:15AM - 11:05AM</p> <p>LES MILLS sprint 12:30PM - 1:00PM</p> <p>LES MILLS sprint 3:05PM - 3:35PM</p> <p>LES MILLS RPM 4:30PM - 5:20PM</p> <p>LES MILLS RPM 6:00PM - 6:50PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 5:45AM - 6:15AM</p> <p>LES MILLS sprint 6:30AM - 7:00AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS RPM 1:15PM - 1:45PM</p> <p>Personal Training 4:30PM - 5:30PM</p>	<p>LES MILLS BODYCOMBAT 5:00AM - 5:30AM</p> <p>LES MILLS CORE 5:30AM - 6:00AM</p> <p>LES MILLS sprint 6:00AM - 6:30AM</p> <p>LES MILLS RPM 9:15AM - 10:05AM</p> <p>LES MILLS RPM 10:15AM - 11:05AM</p> <p>LES MILLS sprint 12:30PM - 1:00PM</p> <p>LES MILLS sprint 3:05PM - 3:35PM</p> <p>LES MILLS RPM 4:30PM - 5:20PM</p> <p>LES MILLS RPM 6:00PM - 6:50PM</p>	<p>LES MILLS CORE 5:15AM - 5:45AM</p> <p>LES MILLS GRIT STRENGTH 5:45AM - 6:15AM</p> <p>LES MILLS sprint 8:00AM - 8:30AM</p> <p>LES MILLS sprint 11:00AM - 11:30AM</p> <p>LES MILLS RPM 1:15PM - 1:45PM</p>	<p>LES MILLS sprint 12:00PM - 12:30PM</p> <p>LES MILLS RPM 1:30PM - 2:20PM</p> <p>LES MILLS RPM 3:00PM - 3:50PM</p> <p>LES MILLS sprint 4:00PM - 4:30PM</p>	<p>LES MILLS sprint 1:30PM - 2:00PM</p> <p>LES MILLS RPM 2:30PM - 3:20PM</p>

barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

barre

Learn the basic moves and format of a LES MILLS BARRE workout in this quick introduction.

BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

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BODYBALANCE

Be guided through 35-minutes of easy-to-follow BODYBALANCE.

BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on strength.

BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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BORN TO MOVE

Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills

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Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills.

BORN TO MOVE

Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

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CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes

us better at everything we do.

GRIT | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

GRIT | **STRENGTH**

High-intensity interval training designed to improve strength and build lean muscle.



Cycling workout where you control the intensity.
Dial up the challenge factor to match your
fitness level.



Cycling workout where you control the intensity.
Dial up the challenge factor to match your
fitness level.

Five Points Washington