Sunday

() Sprint

8:00AM - 8:30AM

() Sprint

8:35AM - 9:05AM

() Sprint

1:30PM - 2:00PM

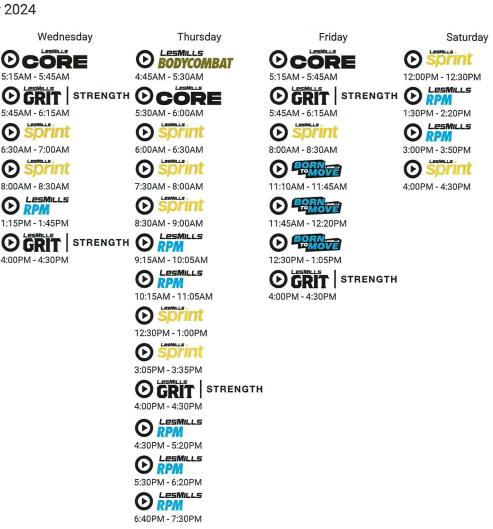
O RPM

2:30PM - 3:20PM

Virtual Class Schedule December 2024

Wednesday





Virtual Class Schedule December 2024

Monday **BODYPUMP**

5:30AM - 6:30AM

OCORE

6:35AM - 7:05AM

LesMills **BODYCOMBAT**

7:15AM - 8:15AM

OGRIT | CARDIO 8:30AM - 9:00AM

GRIT CARDIO

12:00PM - 12:30PM

OCORE

12:30PM - 1:00PM

D BODYPUMP 2:00PM - 3:00PM

O GRIT CARDIO 3:45PM - 4:15PM

O GRIT | CARDIO

5:45PM - 6:15PM

D BODYPUMP 7:00PM - 7:45PM

Tuesday

LESMILLS **D** BODYCOMBAT 6:30AM - 7:00AM

LesMills BODYATTACK

9:15AM - 10:00AM

Obarre

10:30AM - 11:00AM

(D) PRINTE

12:30PM - 1:10PM

RODYBALANCE FLEXIBILITY

1:30PM - 2:00PM

GRIT CARDIO

2:00PM - 2:30PM

LesMills BODYPUMP

3:00PM - 3:45PM

OCORE 2:00PM - 2:30PM

LesMills **D** BODYCOMBAT

3:00PM - 3:45PM

OGRIT CARDIO

3:45PM - 4:15PM

BODYPUMP 7:00PM - 7:45PM

Wednesday Thursday

LesMills

D BODYATTACK

6:30AM - 7:00AM

9:15AM - 10:00AM

Obarre

10:30AM - 11:00AM

(D) FORNOVE

12:30PM - 1:05PM

1:30PM - 2:00PM

2:00PM - 3:00PM

LesMills

O GRIT CARDIO

D BODYPUMP

BODYBALANCE | FLEXIBILITY

D BODYCOMBAT

LesMills **BODYPUMP**

5:30AM - 6:30AM

LPSMILLS **OCORE**

6:35AM - 7:05AM

LesMills BODYBALANCE

7:15AM - 8:00AM

Obarre 8:00AM - 8:30AM

LesMills BODYATTACK

8:30AM - 9:00AM

12:30PM - 1:05PM

LesMills RODYATTACK 1:30PM - 2:00PM

3:30PM - 4:00PM

4:15PM - 4:55PM

Friday

D BODYPUMP 5:30AM - 6:30AM

I PSMn I S OCORE

6:35AM - 7:05AM

LesMills **D** BODYCOMBAT

7:15AM - 8:15AM

O GRIT | CARDIO 8:30AM - 9:00AM

O PRINTE

12:00PM - 12:45PM

BASE

12:45PM - 1:20PM

OGRIT CARDIO 1:30PM - 2:00PM

D LESMILLS
BODYBALANCE

2:15PM - 3:15PM

OGRIT CARDIO 4:00PM - 4:30PM

OCORE

4:30PM - 5:00PM

Saturday

LesMills **BODYATTACK**

6:15AM - 6:45AM

OCORE

7:00AM - 7:30AM

O GRIT CARDIO 11:45AM - 12:15PM

BODYPUMP

12:30PM - 1:15PM

D LESMILLS

BODYBALANCE

1:45PM - 2:45PM

D LESMILLS BODYCOMBAT

3:30PM - 4:30PM

Sunday

LesMills **D** BODYPUMP

7:30AM - 8:30AM

D BODYATTACK

8:35AM - 9:05AM

OCORE

10:30AM - 11:00AM

LesMills **D** BODYBALANCE

11:00AM - 11:45AM

OCORE

1:15PM - 2:00PM

LesMills **D** BODYCOMBAT

2:00PM - 2:30PM

OCORE 2:30PM - 3:00PM

OCORE

3:00PM - 3:30PM

LesMills **D** BODYBALANCE

3:30PM - 4:30PM