

# Virtual Class Schedule December 2024

Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS CORE</b> 5:15AM - 5:45AM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 5:45AM - 6:15AM</p> <p><b>LES MILLS sprint</b> 6:30AM - 7:00AM</p> <p><b>LES MILLS sprint</b> 8:00AM - 8:30AM</p> <p><b>LES MILLS BORN TO MOVE</b> 12:30PM - 1:10PM</p> <p><b>LES MILLS RPM</b> 1:15PM - 1:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45AM - 5:30AM</p> <p><b>LES MILLS CORE</b> 5:30AM - 6:00AM</p> <p><b>LES MILLS sprint</b> 6:00AM - 6:30AM</p> <p><b>LES MILLS sprint</b> 8:30AM - 9:00AM</p> <p><b>LES MILLS RPM</b> 9:15AM - 10:05AM</p> <p><b>LES MILLS RPM</b> 10:15AM - 11:05AM</p> <p><b>LES MILLS BORN TO MOVE</b> 11:05AM - 11:45AM</p> <p><b>LES MILLS sprint</b> 12:30PM - 1:00PM</p> <p><b>LES MILLS sprint</b> 3:05PM - 3:35PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p> <p><b>LES MILLS RPM</b> 4:30PM - 5:20PM</p> <p><b>LES MILLS RPM</b> 5:30PM - 6:20PM</p> <p><b>LES MILLS RPM</b> 6:35PM - 7:25PM</p>	<p><b>LES MILLS CORE</b> 5:15AM - 5:45AM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 5:45AM - 6:15AM</p> <p><b>LES MILLS sprint</b> 6:30AM - 7:00AM</p> <p><b>LES MILLS sprint</b> 8:00AM - 8:30AM</p> <p><b>LES MILLS RPM</b> 1:15PM - 1:45PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45AM - 5:30AM</p> <p><b>LES MILLS CORE</b> 5:30AM - 6:00AM</p> <p><b>LES MILLS sprint</b> 6:00AM - 6:30AM</p> <p><b>LES MILLS sprint</b> 7:30AM - 8:00AM</p> <p><b>LES MILLS sprint</b> 8:30AM - 9:00AM</p> <p><b>LES MILLS RPM</b> 9:15AM - 10:05AM</p> <p><b>LES MILLS RPM</b> 10:15AM - 11:05AM</p> <p><b>LES MILLS sprint</b> 12:30PM - 1:00PM</p> <p><b>LES MILLS sprint</b> 3:05PM - 3:35PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p> <p><b>LES MILLS RPM</b> 4:30PM - 5:20PM</p> <p><b>LES MILLS RPM</b> 5:30PM - 6:20PM</p> <p><b>LES MILLS RPM</b> 6:40PM - 7:30PM</p>	<p><b>LES MILLS CORE</b> 5:15AM - 5:45AM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 5:45AM - 6:15AM</p> <p><b>LES MILLS sprint</b> 8:00AM - 8:30AM</p> <p><b>LES MILLS BORN TO MOVE</b> 11:10AM - 11:45AM</p> <p><b>LES MILLS BORN TO MOVE</b> 11:45AM - 12:20PM</p> <p><b>LES MILLS BORN TO MOVE</b> 12:30PM - 1:05PM</p> <p><b>LES MILLS GRIT   STRENGTH</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS sprint</b> 12:00PM - 12:30PM</p> <p><b>LES MILLS RPM</b> 1:30PM - 2:20PM</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM</p> <p><b>LES MILLS sprint</b> 4:00PM - 4:30PM</p>	<p><b>LES MILLS sprint</b> 8:00AM - 8:30AM</p> <p><b>LES MILLS sprint</b> 8:35AM - 9:05AM</p> <p><b>LES MILLS sprint</b> 1:30PM - 2:00PM</p> <p><b>LES MILLS RPM</b> 2:30PM - 3:20PM</p>

# Virtual Class Schedule December 2024

Studio 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM</p> <p><b>LES MILLS CORE</b> 6:35AM - 7:05AM</p> <p><b>LES MILLS BODYCOMBAT</b> 7:15AM - 8:15AM</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:30AM - 9:00AM</p> <p><b>LES MILLS GRIT   CARDIO</b> 12:00PM - 12:30PM</p> <p><b>LES MILLS CORE</b> 12:30PM - 1:00PM</p> <p><b>LES MILLS BODYPUMP</b> 2:00PM - 3:00PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 3:45PM - 4:15PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 5:45PM - 6:15PM</p> <p><b>LES MILLS BODYPUMP</b> 7:00PM - 7:45PM</p>	<p><b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:00AM</p> <p><b>LES MILLS BODYATTACK</b> 9:15AM - 10:00AM</p> <p><b>LES MILLS barre</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS BORN TO MOVE</b> 12:30PM - 1:10PM</p> <p><b>LES MILLS BODYBALANCE   FLEXIBILITY</b> 1:30PM - 2:00PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 2:00PM - 2:30PM</p> <p><b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM</p>	<p><b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM</p> <p><b>LES MILLS CORE</b> 6:35AM - 7:05AM</p> <p><b>LES MILLS BODYBALANCE</b> 7:15AM - 8:00AM</p> <p><b>LES MILLS barre</b> 8:00AM - 8:30AM</p> <p><b>LES MILLS BODYATTACK</b> 8:30AM - 9:00AM</p> <p><b>LES MILLS BORN TO MOVE</b> 12:30PM - 1:05PM</p> <p><b>LES MILLS BODYATTACK</b> 1:30PM - 2:00PM</p> <p><b>LES MILLS CORE</b> 2:00PM - 2:30PM</p> <p><b>LES MILLS BODYCOMBAT</b> 3:00PM - 3:45PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 3:45PM - 4:15PM</p> <p><b>LES MILLS BODYPUMP</b> 7:00PM - 7:45PM</p>	<p><b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:00AM</p> <p><b>LES MILLS BODYATTACK</b> 9:15AM - 10:00AM</p> <p><b>LES MILLS barre</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS BORN TO MOVE</b> 12:30PM - 1:05PM</p> <p><b>LES MILLS BODYBALANCE   FLEXIBILITY</b> 1:30PM - 2:00PM</p> <p><b>LES MILLS BODYPUMP</b> 2:00PM - 3:00PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 3:30PM - 4:00PM</p> <p><b>LES MILLS BORN TO MOVE</b> 4:15PM - 4:55PM</p>	<p><b>LES MILLS BODYPUMP</b> 5:30AM - 6:30AM</p> <p><b>LES MILLS CORE</b> 6:35AM - 7:05AM</p> <p><b>LES MILLS BODYCOMBAT</b> 7:15AM - 8:15AM</p> <p><b>LES MILLS GRIT   CARDIO</b> 8:30AM - 9:00AM</p> <p><b>LES MILLS BORN TO MOVE</b> 12:00PM - 12:45PM</p> <p><b>LES MILLS BODYBALANCE   BASE</b> 12:45PM - 1:20PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 1:30PM - 2:00PM</p> <p><b>LES MILLS BODYBALANCE</b> 2:15PM - 3:15PM</p> <p><b>LES MILLS GRIT   CARDIO</b> 4:00PM - 4:30PM</p> <p><b>LES MILLS CORE</b> 4:30PM - 5:00PM</p>	<p><b>LES MILLS BODYATTACK</b> 6:15AM - 6:45AM</p> <p><b>LES MILLS CORE</b> 7:00AM - 7:30AM</p> <p><b>LES MILLS GRIT   CARDIO</b> 11:45AM - 12:15PM</p> <p><b>LES MILLS BODYPUMP</b> 12:30PM - 1:15PM</p> <p><b>LES MILLS BODYBALANCE</b> 1:45PM - 2:45PM</p> <p><b>LES MILLS BODYCOMBAT</b> 3:30PM - 4:30PM</p>	<p><b>LES MILLS BODYPUMP</b> 7:30AM - 8:30AM</p> <p><b>LES MILLS BODYATTACK</b> 8:35AM - 9:05AM</p> <p><b>LES MILLS CORE</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS BODYBALANCE</b> 11:00AM - 11:45AM</p> <p><b>LES MILLS CORE</b> 1:15PM - 2:00PM</p> <p><b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:30PM</p> <p><b>LES MILLS CORE</b> 2:30PM - 3:00PM</p> <p><b>LES MILLS CORE</b> 3:00PM - 3:30PM</p> <p><b>LES MILLS BODYBALANCE</b> 3:30PM - 4:30PM</p>