## Virtual Class Schedule January 2025

Thursday Monday Tuesday Wednesday **D** LESMILLS BODYCOMBAT **D** LESMILLS BODYCOMBAT OCORE **OCORE** 4:45AM - 5:30AM 4:45AM - 5:30AM 5:15AM - 5:45AM 5:15AM - 5:45AM O CORE OCORE GRIT STRENGTH OGRIT STRENGTH 5:30AM - 6:00AM 5:45AM - 6:15AM 5:30AM - 6:00AM 5:45AM - 6:15AM () Sprint **⊙** sprint () Sprint 6:00AM - 6:30AM 6:30AM - 7:00AM 6:30AM - 7:00AM 6:00AM - 6:30AM 8:00AM - 8:30AM 8:30AM - 9:00AM 8:00AM - 8:30AM 7:30AM - 8:00AM LesMills () Sprint LesMills **⊙** RPM D PRINTE 1:15PM - 1:45PM 8:30AM - 9:00AM 12:35PM - 1:10PM 9:15AM - 10:05AM LesMills O RPM **○** RPM LesMills **○** RPM GRIT STRENGTH 10:15AM - 11:05AM 4:00PM - 4:30PM 9:15AM - 10:05AM 1:15PM - 1:45PM **○** RPM (P) EORN STRENGTH 10:15AM - 11:05AM 11:10AM - 11:45AM 4:00PM - 4:30PM ( Sprint () Sprint 12:30PM - 1:00PM 12:30PM - 1:00PM () sprint () Sprint 3:05PM - 3:35PM 3:05PM - 3:35PM **O GRIT** STRENGTH STRENGTH 4:00PM - 4:30PM 4:00PM - 4:30PM O RPM LesMills **○** RPM 4:30PM - 5:20PM 4:30PM - 5:20PM O RPM O RPM 5:30PM - 6:20PM 5:30PM - 6:20PM LesMills LesMills **(D)** RPM **()** RPM 6:35PM - 7:25PM 6:40PM - 7:30PM

## Friday Saturday Sunday () Sprint OCORE 5:15AM - 5:45AM 12:00PM - 12:30PM 8:00AM - 8:30AM O GRIT | STRENGTH O RPM () Sprint 5:45AM - 6:15AM 1:30PM - 2:20PM 8:35AM - 9:05AM Sprint LesMills OGRIT STRENGTH **RPM** 8:00AM - 8:30AM 3:00PM - 3:50PM 9:05AM - 9:35AM ( Sprint (P) Sprint 4:00PM - 4:30PM 1:30PM - 2:00PM 11:10AM - 11:45AM LesMills (P) PORNOVE 2:30PM - 3:20PM 11:45AM - 12:20PM (P) PORNOVE 12:30PM - 1:05PM OGRIT CARDIO 4:00PM - 4:30PM

Sunday

GRIT STRENGTH

LesMills

**D** BODYPUMP

LesMills **D** BODYATTACK

7:30AM - 8:30AM

8:35AM - 9:05AM

9:05AM - 9:35AM

9:40AM - 10:25AM

**BODYPUMP** 

**OCORE** 

**D** LESMILLS BODYBALANCE

10:30AM - 11:00AM

## Virtual Class Schedule January 2025

Monday **BODYPUMP** 

5:30AM - 6:30AM

**OCORE** 6:35AM - 7:05AM

**D** BODYCOMBAT

7:15AM - 8:15AM

GRIT STRENGTH 8:30AM - 9:00AM

OGRIT CARDIO

12:00PM - 12:30PM

OCORE

12:30PM - 1:00PM LesMills **BODYPUMP** 

2:00PM - 3:00PM

OGRIT CARDIO 3:45PM - 4:15PM

**OGRIT** CARDIO

5:45PM - 6:15PM

LesMills **D** BODYPUMP

7:00PM - 7:45PM

Tuesday

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

LesMills

9:15AM - 10:00AM

12:30PM - 1:05PM

BODYBALANCE FLEXIBILITY

1:30PM - 2:00PM

OGRIT CARDIO

2:00PM - 2:30PM

LesMills **BODYPUMP** 

3:00PM - 3:45PM

1:30PM - 2:00PM OCORE

2:00PM - 2:30PM

LesMills **D** BODYCOMBAT 3:00PM - 3:45PM

OGRIT CARDIO

Wednesday

LesMills

**D** BODYPUMP

**OCORE** 

LesMills

LesMills

**BODYBALANCE** 

BODYATTACK

BODYATTACK

5:30AM - 6:30AM

6:35AM - 7:05AM

7:15AM - 8:00AM

8:30AM - 9:00AM

12:30PM - 1:05PM

LesMills

3:45PM - 4:15PM

LESMILLS **D** BODYPUMP 7:00PM - 7:45PM

Thursday

LesMills **D** BODYCOMBAT

6:30AM - 7:00AM LesMills

**BODYATTACK** 9:15AM - 10:00AM

PORNOVE

12:30PM - 1:05PM

BODYBALANCE FLEXIBILITY

1:30PM - 2:00PM

LesMills **D** BODYPUMP

2:00PM - 3:00PM

OGRIT ATHLETIC

3:30PM - 4:00PM

(D) ESMOVE

4:15PM - 4:55PM

Friday

LesMills **D** BODYPUMP

5:30AM - 6:30AM

**OCORE** 6:35AM - 7:05AM

**D** LESMILLS BODYCOMBAT

7:15AM - 8:15AM

OGRIT CARDIO

8:30AM - 9:00AM

12:00PM - 12:45PM

BODYBALANCE

12:45PM - 1:20PM

OGRIT STRENGTH

1:30PM - 2:00PM

LesMills **D** BODYBALANCE

2:15PM - 3:15PM

OGRIT | CARDIO

4:00PM - 4:30PM

OCORE 4:30PM - 5:00PM

Saturday

**D** LESMILLS BODYATTACK

6:15AM - 6:45AM

OCORE 7:00AM - 7:30AM

OGRIT CARDIO

11:45AM - 12:15PM

**BODYPUMP** 

12:30PM - 1:15PM

**D** LESMILLS
BODYBALANCE

1:45PM - 2:45PM

**D** LESMILLS BODYCOMBAT

3:30PM - 4:30PM

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

**D** LESMILLS BODYBALANCE 3:30PM - 4:30PM