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Studio 2

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

Virtual Class Schedule September 2025

Studio 3

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