

Virtual Class Schedule February 2026

Studio 2

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

Virtual Class Schedule February 2026

Studio 3

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