

Virtual Class Schedule September 2026

Studio 2

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

Virtual Class Schedule September 2026

Studio 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 LES MILLS BODYPUMP 5:30AM - 6:30AM  LES MILLS CORE 6:35AM - 7:05AM  LES MILLS BODYCOMBAT 7:15AM - 8:15AM  LES MILLS GRIT STRENGTH 8:30AM - 9:00AM  LES MILLS GRIT CARDIO 12:00PM - 12:30PM  LES MILLS CORE 12:30PM - 1:00PM  LES MILLS BODYPUMP 2:00PM - 3:00PM  LES MILLS GRIT CARDIO 3:45PM - 4:15PM  LES MILLS BODYPUMP 7:00PM - 7:45PM	 LES MILLS BODYCOMBAT 6:30AM - 7:00AM  LES MILLS BODYATTACK 9:15AM - 10:00AM  LES MILLS CORE 10:00AM - 10:30AM  LES MILLS GRIT CARDIO 2:00PM - 2:30PM  LES MILLS BODYPUMP 3:00PM - 3:45PM  LES MILLS BODYCOMBAT 5:45PM - 6:30PM  LES MILLS DANCE 7:00PM - 7:45PM	 LES MILLS CORE 4:30AM - 5:15AM  LES MILLS BODYPUMP 5:30AM - 6:30AM  LES MILLS CORE 6:35AM - 7:05AM  LES MILLS BODYBALANCE 7:15AM - 8:00AM  LES MILLS BODYATTACK 8:30AM - 9:00AM  LES MILLS BODYATTACK 1:30PM - 2:00PM  LES MILLS CORE 2:00PM - 2:30PM  LES MILLS BODYCOMBAT 3:00PM - 3:45PM  LES MILLS GRIT CARDIO 3:45PM - 4:15PM  LES MILLS CORE 5:20PM - 5:50PM  LES MILLS BODYPUMP 7:00PM - 7:45PM	 LES MILLS BODYCOMBAT 6:30AM - 7:00AM  LES MILLS BODYATTACK 9:15AM - 10:00AM  LES MILLS CORE 10:00AM - 10:30AM  LES MILLS BODYPUMP 2:00PM - 3:00PM  LES MILLS DANCE 7:00PM - 7:45PM	 LES MILLS CORE 4:30AM - 5:15AM  LES MILLS BODYPUMP 5:30AM - 6:30AM  LES MILLS CORE 6:35AM - 7:05AM  LES MILLS BODYCOMBAT 7:15AM - 8:15AM  LES MILLS GRIT CARDIO 8:30AM - 9:00AM  LES MILLS BODYBALANCE BASE 12:45PM - 1:20PM  LES MILLS GRIT STRENGTH 1:30PM - 2:00PM  LES MILLS BODYBALANCE 2:15PM - 3:15PM  LES MILLS GRIT CARDIO 4:00PM - 4:30PM  LES MILLS CORE 4:30PM - 5:00PM	 LES MILLS BODYATTACK 6:15AM - 6:45AM  LES MILLS CORE 7:00AM - 7:30AM  LES MILLS BODYPUMP 12:30PM - 1:15PM  LES MILLS BODYBALANCE 1:45PM - 2:45PM  LES MILLS BODYCOMBAT 3:30PM - 4:30PM	 LES MILLS BODYPUMP 7:30AM - 8:30AM  LES MILLS BODYBALANCE 8:30AM - 9:00AM  LES MILLS BODYPUMP 9:05AM - 9:50AM  LES MILLS GRIT ATHLETIC 10:00AM - 10:30AM  LES MILLS CORE 10:35AM - 11:05AM  LES MILLS CORE 1:15PM - 2:00PM  LES MILLS BODYCOMBAT 2:00PM - 2:30PM  LES MILLS CORE 2:30PM - 3:00PM  LES MILLS CORE 3:00PM - 3:30PM  LES MILLS BODYBALANCE 3:30PM - 4:30PM