



IJ & Jeanné Wagner Jewish Community Center
sljcc.org

VIRTUAL STRENGTH STUDIO

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

LES MILLS BODYATTACK

6:00AM - 7:00AM

LES MILLS SH'BAM

7:00AM - 7:45AM

LES MILLS BODYFLOW

8:00AM - 9:00AM

LES MILLS GRIT | CARDIO

9:00AM - 9:30AM

LES MILLS GRIT | ATHLETIC

9:30AM - 10:00AM

LES MILLS BODYPUMP

10:30AM - 11:30AM

LES MILLS CORE

11:30AM - 12:00PM

LES MILLS BODYFLOW

12:15PM - 12:45PM

LES MILLS SH'BAM

3:15PM - 4:00PM

LES MILLS BODYPUMP

4:00PM - 5:00PM

LES MILLS SH'BAM

5:00PM - 5:45PM

LES MILLS BODYPUMP

6:30PM - 7:30PM

LES MILLS BODYFLOW

7:30PM - 8:30PM

LES MILLS BODYPUMP

6:15AM - 7:15AM

LES MILLS BODYCOMBAT

7:30AM - 8:30AM

LES MILLS barre

8:30AM - 9:00AM

LES MILLS BODYATTACK

9:15AM - 10:15AM

LES MILLS CORE

10:15AM - 10:45AM

LES MILLS GRIT | CARDIO

11:00AM - 11:30AM

LES MILLS BODYPUMP

11:45AM - 12:45PM

LES MILLS CORE

3:15PM - 4:00PM

LES MILLS BODYCOMBAT

4:00PM - 5:00PM

LES MILLS BODYPUMP

5:15PM - 6:15PM

LES MILLS BODYFLOW

6:30PM - 7:30PM

LES MILLS SH'BAM

7:45PM - 8:30PM

LES MILLS BODYCOMBAT

6:00AM - 7:00AM

LES MILLS BODYPUMP

7:00AM - 8:00AM

LES MILLS BODYFLOW

8:00AM - 9:00AM

LES MILLS SH'BAM

9:15AM - 10:00AM

LES MILLS BODYPUMP

10:30AM - 11:30AM

LES MILLS CORE

11:30AM - 12:00PM

LES MILLS SH'BAM

12:15PM - 12:45PM

LES MILLS BODYCOMBAT

3:15PM - 4:00PM

LES MILLS BODYFLOW

4:00PM - 5:00PM

LES MILLS CORE

5:15PM - 6:00PM

BORN TO MOVE

6:15PM - 7:00PM

LES MILLS BODYFLOW

7:30PM - 8:30PM

LES MILLS BODYPUMP

6:15AM - 7:15AM

LES MILLS BODYATTACK

7:30AM - 8:30AM

LES MILLS CORE

8:30AM - 9:00AM

LES MILLS BODYCOMBAT

9:15AM - 10:15AM

LES MILLS BODYFLOW

10:30AM - 11:30AM

LES MILLS GRIT | ATHLETIC

11:30AM - 12:00PM

LES MILLS CORE

12:00PM - 12:45PM

LES MILLS BODYFLOW

3:15PM - 4:00PM

LES MILLS BODYATTACK

4:00PM - 5:00PM

LES MILLS GRIT | STRENGTH

5:00PM - 5:30PM

LES MILLS GRIT | ATHLETIC

5:30PM - 6:00PM

LES MILLS BODYFLOW

6:30PM - 7:30PM

LES MILLS BODYPUMP

7:45PM - 8:45PM

LES MILLS GRIT | ATHLETIC

6:00AM - 6:30AM

LES MILLS BODYFLOW

6:30AM - 7:30AM

LES MILLS BODYATTACK

7:45AM - 8:45AM

LES MILLS SH'BAM

9:15AM - 10:00AM

LES MILLS CORE

10:15AM - 10:45AM

LES MILLS BODYPUMP

11:00AM - 12:00PM

LES MILLS barre

12:15PM - 12:45PM

LES MILLS BODYATTACK

1:00PM - 2:00PM

LES MILLS BODYPUMP

2:00PM - 3:00PM

LES MILLS SH'BAM

3:00PM - 3:45PM

BORN TO MOVE

4:00PM - 4:30PM

BORN TO MOVE

4:30PM - 5:00PM

BORN TO MOVE

5:00PM - 5:45PM

LES MILLS BODYFLOW

5:45PM - 6:45PM

LES MILLS barre

8:15AM - 8:45AM

LES MILLS BODYATTACK

8:45AM - 9:45AM

LES MILLS BODYPUMP

10:00AM - 11:00AM

LES MILLS BODYFLOW

11:15AM - 12:15PM

LES MILLS BODYCOMBAT

12:30PM - 1:30PM

LES MILLS CORE

1:30PM - 2:15PM

LES MILLS BODYPUMP

2:30PM - 3:30PM

BORN TO MOVE

3:30PM - 4:00PM

BORN TO MOVE

4:00PM - 4:30PM

LES MILLS BODYATTACK

4:30PM - 5:30PM

LES MILLS BODYFLOW

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LES MILLS SH'BAM

1:00PM - 1:45PM

BORN TO MOVE

2:00PM - 2:30PM

BORN TO MOVE

2:30PM - 3:00PM

LES MILLS BODYCOMBAT

3:00PM - 4:00PM

LES MILLS BODYPUMP

4:00PM - 5:00PM

LES MILLS CORE

5:00PM - 5:30PM

LES MILLS barre

5:30PM - 6:00PM

LES MILLS BODYFLOW

6:00PM - 6:45PM

LES MILLS barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LES MILLS BORN TO MOVE

Get fit fast with moves from martial arts, sports conditioning, dance and yoga.

LES MILLS GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!