



VIRTUAL STRETCH STUDIO

FOR LIVE CLASSES, PLEASE SEE MINDBODY

Monday

- 5:45AM - 6:45AM **LesMills BODYFLOW**
- 6:45AM - 7:45AM **LesMills BODYCOMBAT**
- 7:45AM - 8:15AM **barre**
- 8:15AM - 8:45AM **LesMills GRIT | CARDIO**
- 8:45AM - 9:45AM **LesMills BODYCOMBAT**
- 9:45AM - 10:45AM **LesMills BODYFLOW**
- 10:45AM - 11:45AM **LesMills BODYATTACK**
- 11:45AM - 12:15PM **barre**
- 12:15PM - 12:45PM **LesMills GRIT | ATHLETIC**
- 12:45PM - 1:45PM **LesMills BODYFLOW**
- 1:45PM - 2:30PM **LesMills SH'BAM**
- 2:45PM - 3:45PM **LesMills BODYFLOW**
- 4:00PM - 4:30PM **LesMills GRIT | STRENGTH**
- 4:30PM - 5:00PM **LesMills BODYFLOW**
- 5:30PM - 6:15PM **LesMills SH'BAM**
- 6:30PM - 7:00PM **LesMills CORE**
- 7:15PM - 8:00PM **LesMills SH'BAM**
- 8:00PM - 8:30PM **LesMills GRIT | STRENGTH**

Tuesday

- 5:45AM - 6:45AM **LesMills BODYATTACK**
- 6:45AM - 7:15AM **LesMills CORE**
- 7:15AM - 8:15AM **LesMills BODYATTACK**
- 8:30AM - 9:30AM **LesMills BODYFLOW**
- 9:30AM - 10:15AM **LesMills SH'BAM**
- 10:30AM - 11:30AM **LesMills BODYCOMBAT**
- 11:45AM - 12:45PM **LesMills BODYFLOW**
- 1:30PM - 2:00PM **barre**
- 2:00PM - 2:30PM **LesMills GRIT | STRENGTH**
- 2:45PM - 3:45PM **LesMills BODYATTACK**
- 3:45PM - 4:15PM **barre**
- 4:45PM - 5:30PM **LesMills SH'BAM**
- 5:45PM - 6:45PM **LesMills BODYATTACK**
- 6:45PM - 7:30PM **BORN TO MOVE**
- 7:45PM - 8:45PM **LesMills BODYCOMBAT**

Wednesday

- 5:45AM - 6:15AM **barre**
- 6:15AM - 7:00AM **LesMills SH'BAM**
- 7:00AM - 7:45AM **LesMills CORE**
- 7:45AM - 8:15AM **LesMills GRIT | CARDIO**
- 8:15AM - 8:45AM **barre**
- 8:45AM - 9:45AM **LesMills BODYFLOW**
- 9:45AM - 10:45AM **LesMills BODYATTACK**
- 10:45AM - 11:45AM **LesMills BODYFLOW**
- 11:45AM - 12:45PM **LesMills BODYCOMBAT**
- 12:45PM - 1:30PM **LesMills CORE**
- 1:45PM - 2:45PM **LesMills BODYFLOW**
- 2:45PM - 3:30PM **LesMills CORE**
- 4:00PM - 4:30PM **BORN TO MOVE**
- 4:30PM - 5:00PM **BORN TO MOVE**
- 5:30PM - 6:30PM **LesMills BODYCOMBAT**
- 6:45PM - 7:15PM **LesMills CORE**
- 7:15PM - 7:45PM **barre**
- 7:45PM - 8:45PM **LesMills BODYATTACK**

Thursday

- 5:45AM - 6:45AM **LesMills BODYFLOW**
- 6:45AM - 7:15AM **LesMills GRIT | ATHLETIC**
- 7:15AM - 8:15AM **LesMills BODYFLOW**
- 8:30AM - 9:15AM **LesMills SH'BAM**
- 9:30AM - 10:15AM **LesMills CORE**
- 10:30AM - 11:00AM **barre**
- 11:15AM - 12:15PM **LesMills BODYATTACK**
- 12:30PM - 1:30PM **LesMills BODYFLOW**
- 1:30PM - 2:15PM **LesMills SH'BAM**
- 2:45PM - 3:45PM **LesMills BODYCOMBAT**
- 3:45PM - 4:30PM **LesMills SH'BAM**
- 4:30PM - 5:30PM **LesMills BODYFLOW**
- 5:45PM - 6:15PM **barre**
- 6:15PM - 6:45PM **LesMills CORE**
- 6:45PM - 7:45PM **LesMills BODYATTACK**
- 7:45PM - 8:45PM **LesMills BODYFLOW**

Friday

- 5:45AM - 6:45AM **LesMills BODYCOMBAT**
- 6:45AM - 7:45AM **LesMills BODYFLOW**
- 7:45AM - 8:15AM **LesMills SH'BAM**
- 8:15AM - 8:45AM **LesMills GRIT | ATHLETIC**
- 8:45AM - 9:45AM **LesMills BODYATTACK**
- 9:45AM - 10:45AM **LesMills BODYFLOW**
- 10:45AM - 11:15AM **LesMills GRIT | CARDIO**
- 11:15AM - 11:45AM **LesMills GRIT | STRENGTH**
- 12:00PM - 12:30PM **BORN TO MOVE**
- 12:30PM - 1:00PM **BORN TO MOVE**
- 1:30PM - 2:15PM **LesMills SH'BAM**
- 2:15PM - 2:45PM **LesMills CORE**
- 2:45PM - 3:45PM **LesMills BODYFLOW**
- 3:45PM - 4:45PM **LesMills BODYCOMBAT**
- 5:00PM - 5:45PM **LesMills CORE**
- 5:45PM - 6:30PM **LesMills SH'BAM**

Saturday

- 8:15AM - 9:15AM **LesMills BODYFLOW**
- 9:15AM - 9:45AM **LesMills CORE**
- 10:00AM - 10:35AM **BORN TO MOVE**
- 10:35AM - 11:05AM **BORN TO MOVE**
- 11:15AM - 12:00PM **LesMills SH'BAM**
- 12:00PM - 1:00PM **LesMills BODYATTACK**
- 1:15PM - 2:15PM **LesMills BODYFLOW**
- 2:15PM - 2:45PM **LesMills GRIT | CARDIO**
- 2:45PM - 3:15PM **barre**
- 3:15PM - 3:45PM **LesMills GRIT | ATHLETIC**
- 3:45PM - 4:30PM **LesMills CORE**
- 4:30PM - 5:30PM **LesMills BODYCOMBAT**
- 5:30PM - 6:30PM **LesMills BODYFLOW**

Sunday

- 8:15AM - 9:00AM **LesMills SH'BAM**
- 9:00AM - 9:45AM **LesMills BODYCOMBAT**
- 10:00AM - 10:30AM **BORN TO MOVE**
- 10:30AM - 11:00AM **BORN TO MOVE**
- 11:15AM - 12:15PM **LesMills BODYATTACK**
- 12:15PM - 12:45PM **barre**
- 12:45PM - 1:45PM **LesMills BODYCOMBAT**
- 1:45PM - 2:45PM **LesMills BODYFLOW**
- 2:45PM - 3:15PM **LesMills GRIT | CARDIO**
- 3:15PM - 4:00PM **LesMills CORE**
- 4:00PM - 5:00PM **LesMills BODYFLOW**
- 5:00PM - 5:30PM **LesMills GRIT | ATHLETIC**
- 5:30PM - 6:15PM **LesMills SH'BAM**

LESMILLS **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.

LESMILLS **BODYATTACK**

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

LESMILLS **BODYCOMBAT**

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

LESMILLS **BODYFLOW**

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

LESMILLS **BORN TO MOVE**

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

LESMILLS **CORE**

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

LESMILLS **GRIT | ATHLETIC**

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

LESMILLS **GRIT | CARDIO**

High-intensity interval training that improves cardiovascular fitness.

LESMILLS **GRIT | STRENGTH**

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

LESMILLS **SH'BAM**

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