



IJ & Jeanné Wagner Jewish Community Center
slcjjc.org

VIRTUAL STRENGTH STUDIO

FOR LIVE CLASSES, PLEASE SEE MINDBODY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6:15AM - 7:15AM LES MILLS BODYCOMBAT</p> <p>7:45AM - 8:45AM LES MILLS BODYPUMP</p> <p>12:30PM - 1:00PM LES MILLS BODYPUMP</p> <p>1:30PM - 2:00PM LES MILLS CORE</p> <p>2:15PM - 2:45PM LES MILLS BODYATTACK</p> <p>3:00PM - 3:30PM LES MILLS barre</p> <p>7:00PM - 7:30PM LES MILLS GRIT ATHLETIC</p> <p>7:40PM - 8:10PM LES MILLS barre</p>	<p>7:45AM - 8:15AM LES MILLS BODYATTACK</p> <p>8:25AM - 8:55AM LES MILLS CORE</p> <p>9:30AM - 10:00AM LES MILLS BODYPUMP</p> <p>2:45PM - 3:00PM LES MILLS BODYPUMP</p> <p>3:05PM - 3:20PM LES MILLS BODYPUMP</p> <p>4:40PM - 5:10PM LES MILLS CORE</p> <p>7:45PM - 8:30PM LES MILLS BODYPUMP</p>	<p>6:15AM - 7:00AM LES MILLS CORE</p> <p>7:30AM - 8:00AM LES MILLS barre</p> <p>8:10AM - 8:40AM LES MILLS BODYFLOW</p> <p>12:30PM - 1:00PM LES MILLS BODYCOMBAT</p> <p>1:15PM - 2:00PM LES MILLS BODYFLOW</p> <p>2:15PM - 2:45PM LES MILLS BODYPUMP</p> <p>3:00PM - 3:30PM LES MILLS CORE</p> <p>3:45PM - 4:30PM LES MILLS SH'BAM</p> <p>7:45PM - 8:15PM LES MILLS BODYFLOW</p>	<p>7:45AM - 8:15AM LES MILLS GRIT ATHLETIC</p> <p>8:25AM - 8:55AM LES MILLS barre</p> <p>2:45PM - 3:00PM LES MILLS BODYFLOW</p> <p>3:05PM - 3:20PM LES MILLS BODYFLOW</p> <p>4:45PM - 5:00PM LES MILLS CORE</p> <p>7:45PM - 8:30PM LES MILLS SH'BAM</p>	<p>6:15AM - 6:45AM LES MILLS BODYPUMP</p> <p>12:30PM - 1:00PM LES MILLS CORE</p> <p>1:30PM - 2:00PM LES MILLS barre</p> <p>2:15PM - 2:45PM LES MILLS GRIT</p> <p>3:00PM - 3:30PM LES MILLS BODYCOMBAT</p> <p>3:45PM - 4:15PM LES MILLS GRIT</p> <p>4:30PM - 5:00PM LES MILLS BODYPUMP</p> <p>5:15PM - 5:45PM LES MILLS SH'BAM</p>	<p>1:00PM - 1:30PM LES MILLS BODYPUMP</p> <p>2:00PM - 2:30PM LES MILLS BODYATTACK</p> <p>3:00PM - 3:30PM LES MILLS barre</p> <p>4:00PM - 5:00PM LES MILLS BODYPUMP</p> <p>5:15PM - 5:45PM LES MILLS BODYCOMBAT</p>	<p>9:00AM - 9:45AM LES MILLS SH'BAM</p> <p>1:30PM - 2:00PM LES MILLS GRIT ATHLETIC</p> <p>2:15PM - 3:00PM LES MILLS BODYPUMP</p> <p>3:15PM - 3:45PM LES MILLS BODYFLOW</p> <p>4:00PM - 4:30PM LES MILLS SH'BAM</p> <p>4:45PM - 5:30PM LES MILLS CORE</p>