

**LES MILLS**

**CLASSES**

- BP - Bodypump**
- BS - Bodystep**
- BC - Bodycombat**
- BA - Bodyattack**
- BF - Bodyflow**
- SS - Silver Sneakers**
- RPM - Cycling**
- Sprint - HIT Training**
- Zumba - Dancing**
- Strong30- HIT Training**

**VIRTUAL CLASSES**

**ARE NOW AVAILABLE!  
CHECK OUT OUR WEBSITE  
OR FACEBOOK PAGE TO  
VIEW THE SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. 5:00AM BC Karly 8:30AM BA/BC Dawn 9:30AM BF Tiffany  5:30PM Sprint Kensie 5:30PM Strong30 Jada	2. 5:00AM BS Janelle 8:30AM BP Dawn 9:30AM THE TRIP  5:30PM BP Elizabeth	3. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 9:30AM BF Tiffany  5:30PM Zumba Cara/Jada	4. 8:30AM BP Ellen 9:30AM Sprint Virtual	5  See our Virtual Class Schedule
7. 5:00AM BP Tiffany/Karly 8:30AM BP Mary 9:20AM BS Dawn 9:30AM Sprint Virtual 10:00AM SS Patti  5:30PM BP Ray	8. 5:00AM BC Karly 8:30AM BA/BC Dawn 9:30AM BF Johnie  5:30PM Sprint Kensie 5:30PM Strong30 Jada	9. 5:00AM BS Janelle 8:00AM <b>Booty Up! Patti</b> 8:30AM BP Dawn 9:30AM THE TRIP  5:30PM BP Elizabeth	10. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 9:30AM BF Tiffany  5:30PM Zumba Cara/Jada	11. 5:00AM RPM Christina 8:30AM BP Ellen 9:30AM Sprint Virtual	12.  See our Virtual Class Schedule
14. 5:00AM BP Tiffany/Karly 8:30AM BP Mary 9:20AM BS Mary 9:30AM Sprint Virtual 10:00AM SS ELLEN  5:30PM BP Ray	15. 5:00AM BC Karly 8:30AM BC Karly 9:30AM BF Tiffany  5:30PM Sprint Kensie 5:30PM Strong30 Jada	16. 5:00AM BS Janelle 8:30AM BP Ellen 9:30AM RPM Christina  5:30PM BP Elizabeth	17. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 9:30AM BF Tiffany  5:30PM Zumba Cara/Jada	18. 5:00AM RPM Christina 8:30AM BP Dawn 9:30AM Sprint Virtual	19.  See our Virtual Class Schedule
21. 5:00AM BP Karly/Tiffany 8:30AM BP Mary 9:20AM BS Dawn 9:30AM Sprint Virtual 10:00AM SS Patti  5:30PM BP Ray	22. 5:00AM BC Karly 8:30AM BA/BC Dawn 9:30AM BF Tiffany  5:30PM Sprint Kensie 5:30PM Strong30 Jada	23. 5:00AM BS Janelle 8:00AM <b>Booty Up! Patti</b> 8:30AM BP Dawn 9:30AM RPM Christina  5:30PM BP Elizabeth	24. 5:00AM BP Tiffany/Karly 8:30AM BS Janelle 9:30AM BF Tiffany  5:30PM Zumba Cara/Jada	25. 5:00AM RPM Christina 8:30AM BP Ellen 9:30AM Sprint Virtual	26.  See our Virtual Class Schedule
28. 5:00AM BP Karly/Tiffany 8:30AM BP Mary 9:20AM BS Dawn 9:30AM Sprint Virtual 10:00AM SS Ellen  5:30PM BP Ray	29. 5:00AM BC Karly 8:30AM BA/BC Dawn 9:30AM BF Tiffany  5:30PM Sprint Kensie 5:30PM Strong30 Jada	30. 5:00AM BS Janelle 8:30AM BP Dawn 9:30AM THE TRIP  5:30PM BP Elizabeth			

**LES MILLS**  
**BODYPUMP**

---is a barbell workout that uses light to moderate weights with plenty of repetition, providing you with a total body workout!

**LES MILLS**  
**BODYATTACK**

--- is a high-energy fitness class that combines combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**LES MILLS**  
**BODYFLOW**

--- is the yoga-based class that will improve your mind, your body and your life. You'll strengthen your entire body and leave the class feeling calm and centered.

**LES MILLS**  
**BODYCOMBAT**

---is a high-energy martial arts-inspired workout that is totally non-contact and requires no experience. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu to release stress and feel like a champ!

**LES MILLS**  
**BODYSTEP**

--- a full-body cardio workout that combines basic stepping with other upper body exercises, while toning your butt and thighs!

**LES MILLS**  
**RPM**

--- is a group indoor cycling workout where you control the intensity. You control your own resistance levels and speed so you can build up your fitness level over time. It's a journey, not a race!

**LES MILLS**  
**CXWORX**

---exercises muscles around the core making you better at all things you do! Improve everyday life and achieve a new level of fitness with a stronger core.

**LES MILLS**  
**sprint**

---is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results, while pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.



**ZUMBA**

---Is there a better way to move your body than by getting lost in the rhythm of music? The fitness regime involves moves which are very similar to dance forms hip-hop, samba, belly dancing and salsa.