

The Workout Company - Houma VIRTUAL Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:00AM - 6:00AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 5:00AM - 6:00AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 6:05AM - 6:35AM Studio 1</p>	<p> LES MILLS GRIT CARDIO 6:05AM - 6:35AM Studio 1</p>	<p> LES MILLS BODYATTACK 5:00AM - 5:30AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 8:30AM - 9:00AM Studio 1</p>	
<p> LES MILLS BODYCOMBAT 6:05AM - 6:35AM Studio 1</p>	<p> LES MILLS CORE 6:05AM - 6:35AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 7:00AM - 7:30AM Studio 1</p>	<p> LES MILLS BODYATTACK 7:00AM - 7:45AM Studio 1</p>	<p> LES MILLS CORE 5:30AM - 5:45AM Studio 1</p>	<p> LES MILLS CORE 9:00AM - 9:15AM Studio 1</p>	
<p> LES MILLS BODYPUMP 7:00AM - 7:45AM Studio 1</p>	<p> LES MILLS GRIT CARDIO 7:00AM - 7:30AM Studio 1</p>	<p> LES MILLS CORE 9:40AM - 10:10AM Studio 1</p>	<p> LES MILLS CORE 7:45AM - 8:15AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 6:05AM - 6:35AM Studio 1</p>	<p> LES MILLS BODYPUMP 9:15AM - 10:00AM Studio 1</p>	
<p> LES MILLS BODYATTACK 11:00AM - 11:45AM Studio 1</p>	<p> LES MILLS CORE 7:45AM - 8:15AM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio 1</p>	<p> LES MILLS CORE 11:00AM - 11:30AM Studio 1</p>	<p> LES MILLS BODYCOMBAT 7:00AM - 7:45AM Studio 1</p>		
<p> LES MILLS GRIT STRENGTH 12:15PM - 12:45PM Studio 1</p>	<p> LES MILLS CORE 11:00AM - 11:30AM Studio 1</p>	<p> LES MILLS BODYPUMP 12:15PM - 12:45PM Studio 1</p>	<p> LES MILLS CORE 12:15PM - 12:45PM Studio 1</p>	<p> LES MILLS CORE 7:45AM - 8:00AM Studio 1</p>		
<p> LES MILLS BODYPUMP 1:00PM - 1:45PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 12:15PM - 12:45PM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 1:00PM - 1:30PM Studio 1</p>	<p> LES MILLS CORE 1:30PM - 2:00PM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 9:40AM - 10:10AM Studio 1</p>		
<p> LES MILLS GRIT CARDIO 2:05PM - 2:35PM Studio 1</p>	<p> LES MILLS BODYATTACK 1:00PM - 1:45PM Studio 1</p>	<p> LES MILLS CORE 1:30PM - 1:45PM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 2:05PM - 2:35PM Studio 1</p>	<p> LES MILLS CORE 10:10AM - 10:25AM Studio 1</p>		
<p> LES MILLS GRIT STRENGTH 3:15PM - 3:45PM Studio 1</p>	<p> LES MILLS BODYPUMP 2:05PM - 3:05PM Studio 1</p>	<p> LES MILLS BODYATTACK 2:05PM - 3:05PM Studio 1</p>	<p> LES MILLS GRIT CARDIO 3:15PM - 3:45PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 11:00AM - 11:45AM Studio 1</p>		
<p> LES MILLS GRIT STRENGTH 4:30PM - 5:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 3:15PM - 4:00PM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 3:15PM - 3:45PM Studio 1</p>	<p> LES MILLS BODYPUMP 6:30PM - 7:30PM Studio 1</p>	<p> LES MILLS BODYATTACK 12:15PM - 12:45PM Studio 1</p>		
	<p> LES MILLS CORE 4:30PM - 5:00PM Studio 1</p>	<p> LES MILLS GRIT STRENGTH 4:30PM - 5:00PM Studio 1</p>				
	<p> LES MILLS CORE 7:00PM - 7:30PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:45PM - 7:15PM Studio 1</p>				



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



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



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



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Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.



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



Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.



High-intensity interval training that improves cardiovascular fitness.



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

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