



November Virtual studio schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GX Studio	6:30AM - 7:00AM VIRTUAL CXWORX	5:30AM - 6:30AM VIRTUAL BODYCOMBAT	6:30AM - 7:00AM VIRTUAL CXWORX	5:30AM - 6:30AM VIRTUAL BODYFLOW	8:00AM - 8:30AM VIRTUAL GRIT Plyometrics	8:30AM - 9:30AM VIRTUAL BODYFLOW
5:30AM - 6:30AM VIRTUAL BODYCOMBAT	7:00AM - 9:30AM On Demand	6:30AM - 7:00AM VIRTUAL BARRE	7:00AM - 9:30AM On Demand	6:30AM - 7:00AM VIRTUAL GRIT Cardio	10:00AM - 11:00AM VIRTUAL BODYFLOW	9:30AM - 10:15AM VIRTUAL SH'BAM
6:30AM - 7:00AM VIRTUAL BODYFLOW Flexibility	9:30AM - 10:30AM VIRTUAL BODYPUMP	7:00AM - 9:30AM On Demand	9:30AM - 10:30AM VIRTUAL BODYPUMP	7:00AM - 9:30AM On Demand	11:00AM - 11:30AM VIRTUAL CXWORX	11:30AM - 12:00PM VIRTUAL BARRE
7:00AM - 9:30AM On Demand	10:30AM - 11:00AM VIRTUAL BODYCOMBAT	9:30AM - 10:00AM VIRTUAL SH'BAM	10:30AM - 11:00AM VIRTUAL BODYCOMBAT	9:30AM - 10:00AM VIRTUAL BODYCOMBAT	11:30AM - 12:15PM VIRTUAL SH'BAM	12:00PM - 12:30PM VIRTUAL GRIT Cardio
9:30AM - 10:00AM VIRTUAL BODYFLOW	11:00AM - 3:00PM On Demand	10:00AM - 10:30AM VIRTUAL BARRE	11:00AM - 3:00PM On Demand	10:00AM - 10:30AM VIRTUAL CXWORX	12:30PM - 5:30PM On Demand	12:30PM - 5:30PM On Demand
10:00AM - 10:30AM VIRTUAL CXWORX	3:00PM - 3:30PM VIRTUAL BODYPUMP	10:30AM - 11:00AM VIRTUAL CXWORX	3:00PM - 3:30PM VIRTUAL BODYPUMP	10:30AM - 11:00AM VIRTUAL SH'BAM	5:30PM - 6:30PM On Demand	
10:30AM - 11:00AM VIRTUAL SH'BAM	3:30PM - 4:00PM VIRTUAL BODYCOMBAT	11:00AM - 3:00PM On Demand	3:30PM - 4:00PM VIRTUAL BODYCOMBAT	11:00AM - 3:00PM On Demand		
11:00AM - 3:00PM On Demand	4:00PM - 4:30PM On Demand	3:00PM - 3:30PM VIRTUAL BODYFLOW Strength	4:00PM - 4:30PM On Demand	3:00PM - 3:30PM VIRTUAL GRIT Plyometrics		
3:00PM - 3:30PM VIRTUAL GRIT Strength	4:30PM - 5:30PM VIRTUAL BODYCOMBAT	3:30PM - 4:00PM VIRTUAL SH'BAM	4:30PM - 5:15PM VIRTUAL SH'BAM	3:30PM - 4:00PM VIRTUAL CXWORX		
3:30PM - 4:00PM VIRTUAL CXWORX	8:30PM - 10:30PM On Demand	4:00PM - 4:30PM On Demand	7:30PM - 8:00PM VIRTUAL GRIT Cardio	4:00PM - 4:30PM On Demand		
4:00PM - 4:30PM On Demand		4:30PM - 5:00PM VIRTUAL GRIT Strength	8:00PM - 8:30PM VIRTUAL CXWORX	4:30PM - 5:30PM VIRTUAL BODYPUMP		
8:00PM - 9:00PM VIRTUAL BODYFLOW		5:00PM - 5:30PM VIRTUAL BARRE	8:30PM - 9:00PM VIRTUAL BARRE	5:30PM - 6:00PM On Demand		
9:00PM - 10:30PM On Demand		5:30PM - 6:00PM On Demand	9:00PM - 10:30PM On Demand	6:00PM - 6:30PM VIRTUAL BODYFLOW Flexibility		
		9:00PM - 10:30PM On Demand		6:30PM - 7:00PM VIRTUAL CXWORX		
				7:00PM - 7:45PM VIRTUAL SH'BAM		
				8:00PM - 9:00PM VIRTUAL BODYPUMP		
				9:00PM - 10:00PM On Demand		

ONDEMAND

On Demand

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 **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 **BODYFLOW**

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

LESMILLS **BODYFLOW**

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

LESMILLS **BODYPUMP**

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

LESMILLS **CXWORX**

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

LESMILLS **GRIT** | **CARDIO**

High-intensity interval training that improves cardiovascular fitness.

LESMILLS **GRIT** | **PLYO**

High-intensity interval training designed to make you perform like an athlete.

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!



Virtual Class Schedule