



ATHLETICA

HEALTH & FITNESS

VIRTUAL GROUP EX CLASSES

WEEKLY SCHEDULE 4/16/19

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
12 - 4:30am	12:00 - 4:30 am Les Mills On Demand Virtual	12:00 - 4:30 am Les Mills On Demand Virtual	12:00 - 4:30 am Les Mills On Demand Virtual	12:00 - 4:30 am Les Mills On Demand Virtual	12:00 - 4:30 am Les Mills On Demand Virtual	12:00 - 4:30 am Les Mills On Demand Virtual	12:00 - 4:30 am Les Mills On Demand Virtual
5am	5:00 - 6:00 am Les Mills Body Combat Virtual	5:00 - 5:30 am Les Mills Body Flow Virtual 5:30 - 6:00 am Les Mills CX Worx Virtual	5:00 - 5:45 am Les Mills Sh'Bam Virtual	5:00 - 6:00 am Les Mills Body Pump Virtual	5:00 - 5:30 am Les Mills Grit Cardio Virtual 5:30 - 6:00 am Les Mills Grit Strength Virtual	5:30 - 6:30 am Les Mills Body Combat Virtual	5:30 - 6:30 am Les Mills Body Pump Virtual
6am	6:00 - 7:00 am Les Mills Body Pump Virtual	6:00 - 7:00 am Les Mills Body Combat Virtual	6:00 - 6:30 am Les Mills Barre Virtual 6:30 - 7:00 am Les Mills Bodyflow Virtual	6:00 - 6:45 am Les Mills Body Sh'Bam Virtual	6:00 - 6:30 am Les Mills Barre Virtual 6:30 - 7:00 am Les Mills Cx Worx Virtual		6:30 - 7:00 am Les Mills CxWorx Virtual
7am	7:00-7:30 am Les Mills Barre Virtual 7:30 - 8:00 am Les Mill CXWorx Virtual	7:00 - 7:45 am Les Mills Sh'Bam Virtual	7:15 - 7:45 am Les Mills Grit Strength Virtual			7:00 -8:00 am Les Mills Body Pump Virtual	
12pm						12:15 - 1:15 Les Mills Body Combat Virtual	12:30 - 1:00 pm Les Mills Bodyflow Cardio
1pm				1:00 - 2:00 pm Les Mills Body Combat Virtual		1:30 - 2:00 pm Les Mills Grit Cardio Virtual	1:00 - 1:45 pm Les Mills Sh'Bam Virtual
2pm	2:00 - 2:30 pm Les Mills CX Worx Virtual	2:00 - 3:00 pm Les Mills Body Combat Virtual	2:30 - 4:30 pm Les Mills On Demand Virtual	2:00 - 2:45 pm Les Mills Sh'Bam Virtual		2:00 - 2:30 pm Les Mills Grit Strength Virtual 2:30 - 3:00 Les Mills Grit Plyo Virtual	2:30 - 3:30 pm Les Mills Body Pump Virtual
3pm	3:30 - 4:00 pm Les Mills Body Pump Virtual	3:00 - 4:30 pm les Mills On Demand Virtual		4:00 - 4:30 pm Les Mills Les Mills Cx Worx Virtual	3:00 - 4:30 pm Les Mills On Demand Virtual	3:30 - 4:15 Les Mills Sh'Bam Virtual	3:30 - 4:00 pm Les Mills Cx Worx Virtual
4pm					4:30 - 5:00 Les Mills Grit Plyo Virtual	4:30 - 6:30 pm Les Mills On DemandVirtual	4:00 - 6:00 Les Mills On Demand Virtual
5pm					5:30 - 6:00 Les Mills Body Pump Virtual		
6pm					6:00 - 8:00 pm Les Mills On Demand Virtual	7:00 - 7:30 PM Les Mills Barre Virtual	7:00 - 8:00 pm Les Mills Body Combat Virtual
7pm							
8pm	8:00 - 9:00 pm Les Mills Body Combat Virtual			8:00 - 8:30 pm Les Mills Grit Strength Virtual 8:30 - 9:00 pm Les Mills Grit Cardio Virtual	8:30 - 10:00 pm Les Mills On Demand Virtual	8:00 - 10:00 pm Les Mills On Demand Virtual	8:00 - 12:00 pm Les Mills On Demand Virtual
9pm	9:00 - 9:30 pm Les Mills Cx Worx Virtual 9:30 - 10:00 pm Les Mills Barre Virtual	9:00 - 9:45 pm Les Mills Sh'Bam Virtual	9:00 - 10:00 pm Les Mills Body Pump Virtual	9:00 - 10:00 pm Les Mills Body Pump Virtual			
10pm	10:30 - 11:30 pm Les Mills Body FLOW Virtual	10:00 - 11:00 pm Les Mills Body Pump Virtual	10:00 - 10:30 pm Les Mills Grit Cardio Virtual 10:30 - 11:00 pm Les Mills Grit Plyo Virtual	10:00 - 10:45 pm Sh'Bam Virtual	10:00 - 11:00 pm Les Mills Body Combat Virtual	10:00 - 10:30 pm Les Mills CxWorx Virtual	
11pm			11:00 - 11:30 pm Les Mills Grit Strength Virtual				