



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)
5:30AM - 6:15AM VIRTUAL BODYFLOW 45 Mins	7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins	5:30AM - 6:15AM VIRTUAL BODYFLOW 45 Mins	7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins	5:30AM - 6:15AM VIRTUAL BODYFLOW 45 Mins	11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins	8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins
8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins	8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins	8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins	8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins	7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins	12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins	9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins
11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins	9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins	11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins	9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins	8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins	1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins	11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins
1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins	12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins	1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins	12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins	9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins	2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins	12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins
2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins	2:15PM - 3:00PM VIRTUAL BODYFLOW 45 Mins	2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins	2:15PM - 3:00PM VIRTUAL BODYFLOW 45 Mins	10:00AM - 10:45AM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins
3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	12:15PM - 1:00PM VIRTUAL BODYFLOW 45 Mins	Group X (ELK)	2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins
4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins		7:00AM - 8:00AM VIRTUAL BODYPUMP 60 Mins
5:00PM - 5:45PM VIRTUAL BODYFLOW 45 Mins	Group X (ELK)	5:00PM - 5:45PM VIRTUAL BODYFLOW 45 Mins	Group X (ELK)	2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins	11:00AM - 11:30AM VIRTUAL BODYPUMP 30 Mins	Group X (ELK)
6:00PM - 6:45PM VIRTUAL BODYFLOW 45 Mins		5:15AM - 5:45AM VIRTUAL GRIT Cardio 30 Mins		5:15AM - 5:45AM VIRTUAL GRIT Cardio 30 Mins	3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	
7:00PM - 7:30PM VIRTUAL BODYFLOW Strength	6:00AM - 6:45AM VIRTUAL BODYPUMP 45 Mins	6:00PM - 6:45PM VIRTUAL BODYFLOW 45 Mins	6:00AM - 6:45AM VIRTUAL BODYPUMP 45 Mins	4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	1:00PM - 1:30PM VIRTUAL GRIT Athletic 30 Mins	8:00AM - 8:30AM VIRTUAL GRIT Cardio 30 Mins
Group X (ELK)	7:00AM - 7:45AM VIRTUAL SH'BAM 45 Mins	Group X (ELK)	7:00AM - 7:30AM VIRTUAL GRIT Strength 30 Mins	5:00PM - 5:45PM VIRTUAL BODYFLOW 45 Mins	2:00PM - 2:45PM VIRTUAL BODYPUMP 45 Mins	9:00AM - 9:45AM VIRTUAL BODYPUMP 45 Mins
	7:00AM - 7:30AM VIRTUAL GRIT Athletic 30 Mins		7:00AM - 7:45AM VIRTUAL SH'BAM 45 Mins	8:00AM - 8:30AM VIRTUAL GRIT Athletic 30 Mins	6:00PM - 6:45PM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:30PM VIRTUAL GRIT Athletic 30 Mins
8:00AM - 8:45AM VIRTUAL BODYPUMP 45 Mins	8:00AM - 8:30AM VIRTUAL GRIT Strength 30 Mins	8:00AM - 8:45AM VIRTUAL BODYPUMP 45 Mins	8:00AM - 8:30AM VIRTUAL GRIT Athletic 30 Mins	7:00PM - 7:30PM VIRTUAL BODYFLOW Flexibility	4:00PM - 4:30PM VIRTUAL GRIT Strength 30 Mins	11:00AM - 11:30AM VIRTUAL GRIT Athletic 30 Mins
10:00AM - 10:45AM VIRTUAL	10:00AM - 10:30AM VIRTUAL GRIT Athletic 30 Mins	10:00AM - 10:30AM VIRTUAL SH'BAM 30 Mins	10:00AM - 10:45AM VIRTUAL BODYPUMP 45 Mins	Cycling (ELK)	10:00AM - 10:45AM VIRTUAL SH'BAM 45 Mins	11:00AM - 11:30AM VIRTUAL GRIT Athletic 30 Mins
	11:00AM - 11:45AM VIRTUAL	11:00AM - 11:45AM VIRTUAL	12:15PM - 12:45PM VIRTUAL			

BODYPUMP
45 Mins
VIRTUAL
BODYPUMP
45 Mins

1:00PM - 1:30PM
VIRTUAL
SH'BAM 30
Mins

2:00PM - 2:30PM
VIRTUAL
GRIT Cardio
30 Mins

3:00PM - 3:45PM
VIRTUAL
BODYPUMP
45 Mins

4:00PM - 4:45PM
VIRTUAL
SH'BAM 45
Mins

7:30PM - 8:30PM
VIRTUAL
BODYPUMP
60 Mins

Cycling (ELK)

6:15AM - 6:45AM
VIRTUAL
RPM 30 Mins

7:00AM - 7:30AM
VIRTUAL
RPM 30 Mins

11:00AM - 11:30AM
VIRTUAL
RPM 30
Mins

12:00PM - 12:30PM
VIRTUAL
RPM 30
Mins

1:00PM - 1:30PM
VIRTUAL
RPM 30 Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM
VIRTUAL
RPM 30 Mins

4:00PM - 4:30PM
VIRTUAL
RPM 30 Mins

5:00PM - 5:50PM
VIRTUAL
RPM 50 Mins

6:00PM - 6:30PM
VIRTUAL
RPM 30 Mins

7:00PM - 7:30PM
VIRTUAL
RPM

BEGINNER

12:15PM - 1:00PM
VIRTUAL
BODYPUMP
45 Mins

2:00PM - 2:45PM
VIRTUAL
BODYPUMP
45 Mins

3:00PM - 3:45PM
VIRTUAL
SH'BAM 45
Mins

4:30PM - 5:15PM
VIRTUAL
BODYPUMP
45 Mins

7:30PM - 8:00PM
VIRTUAL
GRIT Athletic
30 Mins

Cycling (ELK)

7:00AM - 7:30AM
VIRTUAL
RPM 30 Mins

8:00AM - 8:30AM
VIRTUAL
RPM 30 Mins

9:00AM - 9:30AM
VIRTUAL
RPM 30 Mins

10:00AM - 10:30AM
VIRTUAL
RPM 30
Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM
VIRTUAL
RPM 30 Mins

4:00PM - 4:30PM
VIRTUAL
RPM 30 Mins

7:00PM - 7:30PM
VIRTUAL
RPM 30 Mins

BODYPUMP
45 Mins
VIRTUAL
GRIT Cardio
30 Mins

2:00PM - 2:30PM
VIRTUAL
BODYPUMP
45 Mins

3:00PM - 3:45PM
VIRTUAL
BODYPUMP
45 Mins

4:00PM - 4:45PM
VIRTUAL
SH'BAM 45
Mins

Cycling (ELK)

6:15AM - 6:45AM
VIRTUAL
RPM 30 Mins

7:00AM - 7:30AM
VIRTUAL
RPM 30 Mins

11:00AM - 11:30AM
VIRTUAL
RPM 30
Mins

12:00PM - 12:30PM
VIRTUAL
RPM 30
Mins

1:00PM - 1:30PM
VIRTUAL
RPM 30 Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM
VIRTUAL
RPM 30 Mins

4:00PM - 4:30PM
VIRTUAL
RPM 30 Mins

5:00PM - 5:50PM
VIRTUAL
RPM 50 Mins

6:00PM - 6:30PM
VIRTUAL
RPM 30 Mins

7:00PM - 7:30PM
VIRTUAL
RPM 30 Mins

GRIT
Athletic 30
Mins
VIRTUAL
BODYPUMP
45 Mins

2:00PM - 2:45PM
VIRTUAL
BODYPUMP
45 Mins

3:00PM - 3:45PM
VIRTUAL
SH'BAM 45
Mins

4:30PM - 5:15PM
VIRTUAL
BODYPUMP
45 Mins

7:30PM - 8:00PM
VIRTUAL
GRIT Cardio
30 Mins

Cycling (ELK)

7:00AM - 7:30AM
VIRTUAL
RPM 30 Mins

8:00AM - 8:30AM
VIRTUAL
RPM 30 Mins

9:00AM - 9:30AM
VIRTUAL
RPM 30 Mins

10:00AM - 10:30AM
VIRTUAL
RPM 30
Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM
VIRTUAL
RPM 30 Mins

4:00PM - 4:30PM
VIRTUAL
RPM 30 Mins

7:00PM - 7:30PM
VIRTUAL
RPM 30 Mins

Group X (ELK)

7:00AM - 7:30AM
VIRTUAL
GRIT Athletic
30 Mins

8:00AM - 8:45AM
VIRTUAL
BODYPUMP
45 Mins

10:00AM - 10:30AM
VIRTUAL
SH'BAM 30
Mins

11:00AM - 11:45AM
VIRTUAL
BODYPUMP
45 Mins

2:00PM - 2:30PM
VIRTUAL
GRIT Cardio
30 Mins

3:00PM - 3:45PM
VIRTUAL
BODYPUMP
45 Mins

4:00PM - 4:45PM
VIRTUAL
SH'BAM 45
Mins

5:30PM - 6:15PM
VIRTUAL
BODYPUMP
45 Mins

6:30PM - 7:15PM
VIRTUAL
SH'BAM 45
Mins

7:30PM - 8:00PM
VIRTUAL
GRIT Strength
30 Mins

Cycling (ELK)

5:15AM - 5:45AM
VIRTUAL
RPM 30 Mins

6:15AM - 6:45AM
VIRTUAL
RPM 30 Mins

7:00AM - 7:30AM
VIRTUAL
RPM 30 Mins

10:00AM - 10:30AM
VIRTUAL
RPM 30
Mins

11:00AM - 11:30AM
VIRTUAL
RPM 30
Mins

12:00PM - 12:30PM
VIRTUAL
RPM 30
Mins

1:00PM - 1:30PM
VIRTUAL
RPM 30 Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

8:00AM - 8:30AM
VIRTUAL
RPM 30 Mins

9:00AM - 9:30AM
VIRTUAL
RPM 30 Mins

11:00AM - 11:30AM
VIRTUAL
RPM 30
Mins

12:00PM - 12:30PM
VIRTUAL
RPM 30
Mins

1:00PM - 1:30PM
VIRTUAL
RPM 30 Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM
VIRTUAL
RPM 30 Mins

4:00PM - 4:30PM
VIRTUAL
RPM 30 Mins

12:00PM - 12:45PM
VIRTUAL
BODYPUMP
45 Mins

1:00PM - 1:45PM
VIRTUAL
SH'BAM 45
Mins

2:00PM - 2:45PM
VIRTUAL
BODYPUMP
45 Mins

3:00PM - 3:30PM
VIRTUAL
GRIT Cardio
30 Mins

4:00PM - 4:30PM
VIRTUAL
GRIT Cardio
30 Mins

Cycling (ELK)

7:00AM - 7:30AM
VIRTUAL
RPM 30 Mins

8:00AM - 8:30AM
VIRTUAL
RPM 30 Mins

9:00AM - 9:30AM
VIRTUAL
RPM 30 Mins

11:00AM - 11:30AM
VIRTUAL
RPM 30
Mins

12:00PM - 12:30PM
VIRTUAL
RPM 30
Mins

1:00PM - 1:30PM
VIRTUAL
RPM 30 Mins

2:00PM - 2:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM
VIRTUAL
RPM 30 Mins

4:00PM - 4:30PM
VIRTUAL
RPM 30 Mins

3:00PM - 3:30PM	VIRTUAL RPM 30 Mins
4:00PM - 4:30PM	VIRTUAL RPM 30 Mins
5:00PM - 5:50PM	VIRTUAL RPM 50 Mins
6:00PM - 6:30PM	VIRTUAL RPM 30 Mins
7:00PM - 7:30PM	VIRTUAL RPM 30 Mins



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



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



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



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



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



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



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



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



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



Fun-loving and insanely addictive dance workout. No dance experience required!



Fun-loving and insanely addictive dance workout. No dance experience required!

Beacon Health & Fitness - Elkhart Group Exercise Timetable