



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|
| Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) |
| 5:15AM - 6:00AM VIRTUAL BODYFLOW 45 Mins | 5:30AM - 6:15AM VIRTUAL BODYFLOW 45 Mins | 6:00AM - 6:45AM VIRTUAL BODYFLOW 45 Mins | 5:30AM - 6:15AM VIRTUAL BODYFLOW 45 Mins | 6:00AM - 6:45AM VIRTUAL BODYFLOW 45 Mins | 11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins | 7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins |
| 6:00AM - 6:45AM VIRTUAL BODYFLOW 45 Mins | 7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins | 7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins | 7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins | 7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins | 12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins | 8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins |
| 7:00AM - 7:45AM VIRTUAL BODYFLOW 45 Mins | 8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins | 9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins | 8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins | 8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins | 1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins | 9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins |
| 9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins | 9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins | 10:00AM - 10:45AM VIRTUAL BODYFLOW 45 Mins | 9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins | 9:00AM - 9:45AM VIRTUAL BODYFLOW 45 Mins | 2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins | 10:00AM - 10:45AM VIRTUAL BODYFLOW 45 Mins |
| 11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins | 2:00PM - 2:45PM 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 | 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins | 11:00AM - 11:45AM VIRTUAL BODYFLOW 45 Mins |
| 12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins | 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins | 12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins | 2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins | 1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins | 4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins | 12:00PM - 12:45PM VIRTUAL BODYFLOW 45 Mins |
| 2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins | 4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins | 1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins | 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins | 2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins | Cycling (GR) | 1:00PM - 1:45PM VIRTUAL BODYFLOW 45 Mins |
| 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins | 7:00PM - 7:45PM VIRTUAL BODYFLOW 45 Mins | 2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins | 4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins | 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins | | 9:15AM - 9:45AM VIRTUAL RPM BEGINNER |
| 7:30PM - 8:15PM VIRTUAL BODYFLOW 45 Mins | 8:00PM - 8:45PM VIRTUAL BODYFLOW 45 Mins | 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins | 7:00PM - 7:45PM VIRTUAL BODYFLOW 45 Mins | 4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins | 10:00AM - 10:50AM VIRTUAL RPM 50 Mins | 3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins |
| Cycling (GR) | Cycling (GR) | 7:00PM - 7:45PM VIRTUAL BODYFLOW 45 Mins | 8:00PM - 8:45PM VIRTUAL BODYFLOW 45 Mins | 5:00PM - 5:45PM VIRTUAL BODYFLOW 45 Mins | 11:00AM - 11:30AM VIRTUAL RPM 30 Mins | 4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins |
| 7:00AM - 7:30AM VIRTUAL RPM 30 Mins | 5:15AM - 6:05AM VIRTUAL RPM 50 Mins | 8:00PM - 8:45PM VIRTUAL BODYFLOW 45 Mins | Cycling (GR) | 6:00PM - 6:45PM VIRTUAL BODYFLOW 45 Mins | 11:45AM - 12:35PM VIRTUAL RPM 50 Mins | |
| 8:00AM - 8:30AM VIRTUAL RPM 30 Mins | 7:00AM - 7:30AM VIRTUAL RPM 30 Mins | | | 5:15AM - 6:05AM VIRTUAL RPM 50 Mins | 7:00PM - 7:45PM VIRTUAL BODYFLOW 45 Mins | 1:00PM - 1:50PM VIRTUAL RPM 50 Mins |
| 9:00AM - 9:30AM VIRTUAL RPM 30 Mins | 8:00AM - 8:30AM VIRTUAL RPM 30 Mins | Cycling (GR) | 7:00AM - 7:30AM VIRTUAL RPM 30 Mins | 8:00PM - 8:45PM VIRTUAL BODYFLOW 45 Mins | 2:00PM - 2:50PM VIRTUAL RPM 50 Mins | 7:15AM - 8:05AM VIRTUAL RPM 50 Mins |
| 11:00AM - 11:50AM VIRTUAL RPM 50 Mins | 10:00AM - 10:30AM VIRTUAL RPM 30 Mins | 7:00AM - 7:30AM VIRTUAL RPM 30 Mins | 8:00AM - 8:30AM VIRTUAL RPM 30 Mins | 8:00PM - 8:45PM VIRTUAL BODYFLOW 45 Mins | 3:00PM - 3:50PM VIRTUAL RPM 50 Mins | 8:15AM - 8:45AM VIRTUAL RPM 30 Mins |
| | | 8:00AM - 8:30AM VIRTUAL RPM 30 Mins | 10:00AM - 10:30AM VIRTUAL | | 4:00PM - 4:30PM VIRTUAL | 9:00AM - 9:50AM VIRTUAL RPM 50 Mins |
| | | | | | | 10:00AM - 10:50AM VIRTUAL |

| | |
|-----------------|---|
| 2:00PM - 2:30PM | VIRTUAL RPM BEGINNER VIRTUAL RPM 30 Mins |
| 3:00PM - 3:30PM | VIRTUAL RPM 30 Mins |
| 4:00PM - 4:50PM | VIRTUAL RPM 50 Mins |
| 7:00PM - 7:50PM | VIRTUAL RPM 50 Mins |

Group X (GR)

| | |
|-----------------|--|
| 5:15AM - 5:45AM | VIRTUAL BODYPUMP 30 Mins |
| 6:00AM - 6:30AM | VIRTUAL SH'BAM 30 Mins |
| 7:00AM - 7:30AM | VIRTUAL GRIT Athletic 30 Mins |
| 8:00AM - 8:30AM | VIRTUAL BODYPUMP 30 Mins |
| 1:00PM - 1:45PM | VIRTUAL SH'BAM 45 Mins |
| 3:00PM - 3:45PM | VIRTUAL BODYPUMP 45 Mins |
| 8:00PM - 8:30PM | VIRTUAL BODYPUMP 30 Mins |

| | |
|-------------------|------------------------------------|
| 11:00AM - 11:30AM | VIRTUAL RPM 30 Mins |
| 12:00PM - 12:50PM | VIRTUAL RPM 50 Mins |
| 1:00PM - 1:50PM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:30PM | VIRTUAL RPM 30 Mins |
| 3:00PM - 3:30PM | VIRTUAL RPM 30 Mins |
| 4:00PM - 4:50PM | VIRTUAL RPM 50 Mins |
| 6:30PM - 7:00PM | VIRTUAL RPM 30 Mins |
| 7:15PM - 7:45PM | VIRTUAL RPM 30 Mins |
| 8:00PM - 8:30PM | VIRTUAL RPM 30 Mins |

Group X (GR)

| | |
|-------------------|--|
| 7:00AM - 7:30AM | VIRTUAL BODYPUMP 30 Mins |
| 10:00AM - 10:45AM | VIRTUAL BODYPUMP 45 Mins |
| 11:00AM - 11:45AM | VIRTUAL SH'BAM 45 Mins |
| 12:00PM - 12:30PM | VIRTUAL BODYPUMP 30 Mins |
| 2:00PM - 2:45PM | VIRTUAL BODYPUMP 45 Mins |
| 3:00PM - 3:45PM | VIRTUAL SH'BAM 45 Mins |
| 4:00PM - 4:30PM | VIRTUAL GRIT Cardio 30 Mins |
| 6:30PM - 7:15PM | VIRTUAL SH'BAM 45 Mins |
| 7:30PM - 8:00PM | VIRTUAL GRIT Cardio 30 Mins |

| | |
|-------------------|--|
| 9:00AM - 9:50AM | VIRTUAL RPM 50 Mins VIRTUAL RPM 30 Mins |
| 10:00AM - 10:30AM | VIRTUAL RPM 30 Mins |
| 11:00AM - 11:50AM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:30PM | VIRTUAL RPM 30 Mins |
| 3:00PM - 3:30PM | VIRTUAL RPM BEGINNER |
| 4:00PM - 4:50PM | VIRTUAL RPM 50 Mins |
| 7:00PM - 7:50PM | VIRTUAL RPM 50 Mins |

Group X (GR)

| | |
|-----------------|--|
| 5:15AM - 5:45AM | VIRTUAL BODYPUMP 30 Mins |
| 7:00AM - 7:30AM | VIRTUAL GRIT Athletic 30 Mins |
| 8:00AM - 8:30AM | VIRTUAL SH'BAM 30 Mins |
| 1:00PM - 1:45PM | VIRTUAL SH'BAM 45 Mins |
| 3:00PM - 3:45PM | VIRTUAL BODYPUMP 45 Mins |
| 8:00PM - 8:30PM | VIRTUAL BODYPUMP 30 Mins |

| | |
|-------------------|------------------------------------|
| | RPM 30 Mins |
| 11:00AM - 11:30AM | VIRTUAL RPM 30 Mins |
| 12:00PM - 12:50PM | VIRTUAL RPM 50 Mins |
| 1:00PM - 1:50PM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:30PM | VIRTUAL RPM 30 Mins |
| 3:00PM - 3:30PM | VIRTUAL RPM 30 Mins |
| 4:00PM - 4:50PM | VIRTUAL RPM 50 Mins |
| 6:30PM - 7:00PM | VIRTUAL RPM 30 Mins |
| 7:15PM - 7:45PM | VIRTUAL RPM 30 Mins |
| 8:00PM - 8:30PM | VIRTUAL RPM 30 Mins |

Group X (GR)

| | |
|-------------------|--|
| 7:00AM - 7:30AM | VIRTUAL BODYPUMP 30 Mins |
| 11:00AM - 11:45AM | VIRTUAL BODYPUMP 45 Mins |
| 12:00PM - 12:45PM | VIRTUAL SH'BAM 45 Mins |
| 1:00PM - 1:30PM | VIRTUAL GRIT Cardio 30 Mins |
| 2:00PM - 2:45PM | VIRTUAL SH'BAM 45 Mins |
| 3:00PM - 3:45PM | VIRTUAL BODYPUMP 45 Mins |
| 4:00PM - 4:30PM | VIRTUAL GRIT Athletic 30 Mins |
| 7:30PM - 8:15PM | VIRTUAL BODYPUMP 45 Mins |

Cycling (GR)

| | |
|-------------------|--|
| 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 |
| 11:00AM - 11:50AM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:50PM | VIRTUAL RPM 50 Mins |
| 3:00PM - 3:50PM | VIRTUAL RPM 50 Mins |
| 4:00PM - 4:50PM | VIRTUAL RPM 50 Mins |
| 5:00PM - 5:50PM | VIRTUAL RPM 50 Mins |
| 6:00PM - 6:30PM | VIRTUAL RPM 30 Mins |
| 7:00PM - 7:50PM | VIRTUAL RPM 50 Mins |
| 8:00PM - 8:30PM | VIRTUAL RPM 30 Mins |
| | RPM 30 Mins |
| 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 |
| 11:00AM - 11:50AM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:50PM | VIRTUAL RPM 50 Mins |
| 3:00PM - 3:50PM | VIRTUAL RPM 50 Mins |
| 4:00PM - 4:50PM | VIRTUAL RPM 50 Mins |
| 5:00PM - 5:50PM | VIRTUAL RPM 50 Mins |
| 6:00PM - 6:30PM | VIRTUAL RPM 30 Mins |
| 7:00PM - 7:50PM | VIRTUAL RPM 50 Mins |
| 8:00PM - 8:30PM | VIRTUAL RPM 30 Mins |
| | RPM 30 Mins |
| 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 |
| 11:00AM - 11:50AM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:50PM | VIRTUAL RPM 50 Mins |
| 3:00PM - 3:30PM | VIRTUAL GRIT Strength 30 Mins |
| 4:00PM - 4:45PM | VIRTUAL |

Group X (GR)

| | |
|-------------------|--|
| 11:00AM - 11:30AM | VIRTUAL GRIT Cardio 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 - 4:45PM | VIRTUAL SH'BAM 45 Mins |

| | |
|-------------------|------------------------------------|
| 11:00AM - 11:30AM | VIRTUAL RPM 30 Mins |
| 11:45AM - 12:35PM | VIRTUAL RPM 50 Mins |
| 1:00PM - 1:50PM | VIRTUAL RPM 50 Mins |
| 2:00PM - 2:50PM | VIRTUAL RPM 50 Mins |
| 3:00PM - 3:50PM | VIRTUAL RPM 50 Mins |
| 4:00PM - 4:30PM | VIRTUAL RPM 30 Mins |

Group X (GR)

| | |
|-------------------|--|
| 7:15AM - 7:45AM | VIRTUAL GRIT Athletic 30 Mins |
| 8:00AM - 9:00AM | VIRTUAL BODYPUMP 60 Mins |
| 9:15AM - 9:45AM | VIRTUAL GRIT Athletic 30 Mins |
| 10:00AM - 10:45AM | VIRTUAL SH'BAM 45 Mins |
| 11:00AM - 11:30AM | VIRTUAL GRIT Strength 30 Mins |
| 12:00PM - 12:30PM | VIRTUAL GRIT Athletic 30 Mins |
| 1:00PM - 1:30PM | VIRTUAL GRIT Cardio 30 Mins |
| 2:00PM - 2:45PM | VIRTUAL BODYPUMP 45 Mins |
| 3:00PM - 3:45PM | VIRTUAL SH'BAM 45 Mins |
| 4:00PM - 4:30PM | VIRTUAL BODYPUMP 30 Mins |

| | |
|-----------------|--|
| | SH'BAM 45 Mins |
| 5:00PM - 5:45PM | VIRTUAL BODYPUMP 45 Mins |
| 6:00PM - 6:30PM | VIRTUAL GRIT Cardio 30 Mins |
| 7:00PM - 7:45PM | VIRTUAL SH'BAM 45 Mins |



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



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 - Granger Group Exercise Timetable