



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GroupX (SB)	GroupX (SB)	GroupX (SB)	GroupX (SB)	GroupX (SB)	GroupX (SB)	GroupX (SB)
5:30AM - 6:15AM VIRTUAL SH'BAM 45 Mins	7:00AM - 7:30AM VIRTUAL SH'BAM 30 Mins	8:00AM - 8:45AM VIRTUAL BODYFLOW 45 Mins	7:00AM - 7:30AM VIRTUAL BODYFLOW BEGINNER CLASS	6:00AM - 6:45AM VIRTUAL BODYPUMP 45 Mins	12:00PM - 12:30PM VIRTUAL CORE 30 Mins	7:15AM - 7:45AM VIRTUAL SH'BAM 30 Mins
10:15AM - 11:00AM VIRTUAL SH'BAM 45 Mins	8:00AM - 8:30AM VIRTUAL CORE 30 Mins	9:00AM - 9:45AM VIRTUAL SH'BAM 45 Mins	2:00PM - 2:30PM VIRTUAL CORE 30 Mins	7:15AM - 8:00AM VIRTUAL SH'BAM 45 Mins	1:00PM - 1:45PM VIRTUAL BODYPUMP 45 Mins	8:00AM - 9:00AM VIRTUAL BODYPUMP 60 Mins
2:00PM - 2:45PM VIRTUAL CORE 45 Mins	2:00PM - 2:45PM VIRTUAL SH'BAM 45 Mins	2:00PM - 2:45PM VIRTUAL SH'BAM 45 Mins	3:00PM - 3:45PM VIRTUAL SH'BAM 45 Mins	11:00AM - 11:45AM VIRTUAL BODYPUMP 45 Mins	2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins	9:15AM - 9:45AM VIRTUAL CORE 30 Mins
3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:30PM VIRTUAL CORE 30 Mins	3:00PM - 3:45PM VIRTUAL BODYFLOW 45 Mins	4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	2:00PM - 2:45PM VIRTUAL BODYFLOW 45 Mins	3:00PM - 3:30PM VIRTUAL SH'BAM 30 Mins	10:00AM - 10:45AM VIRTUAL BODYFLOW 45 Mins
4:00PM - 4:45PM VIRTUAL SH'BAM 45 Mins	4:00PM - 4:45PM VIRTUAL BODYFLOW 45 Mins	4:00PM - 4:30PM VIRTUAL CORE 30 Mins	6:45PM - 7:15PM VIRTUAL BODYFLOW Flexibility	3:00PM - 3:30PM VIRTUAL CORE 30 Mins	4:00PM - 4:30PM VIRTUAL CORE 30 Mins	11:00AM - 11:30AM VIRTUAL SH'BAM 30 Mins
6:30PM - 7:00PM VIRTUAL BODYPUMP 30 Mins	Cycling (SB)	Cycling (SB)	Cycling (SB)	Cycling (SB)	Cycling (SB)	12:00PM - 12:30PM VIRTUAL CORE 30 Mins
Cycling (SB)	5:30AM - 6:00AM VIRTUAL RPM 30 Mins	6:00AM - 6:30AM VIRTUAL RPM 30 Mins	5:15AM - 5:45AM VIRTUAL RPM 30 Mins	5:00PM - 5:45PM VIRTUAL BODYFLOW 45 Mins	9:00AM - 9:30AM VIRTUAL RPM 30 Mins	1:00PM - 1:45PM VIRTUAL BODYPUMP 45 Mins
5:15AM - 5:45AM VIRTUAL RPM 30 Mins	6:30AM - 7:00AM VIRTUAL RPM 30 Mins	7:00AM - 7:30AM VIRTUAL RPM 30 Mins	6:00AM - 6:30AM VIRTUAL RPM 30 Mins	6:00PM - 6:45PM VIRTUAL SH'BAM 45 Mins	10:00AM - 10:30AM VIRTUAL RPM 30 Mins	2:00PM - 2:30PM VIRTUAL CORE 30 Mins
6:00AM - 6:30AM VIRTUAL RPM 30 Mins	7:30AM - 8:00AM VIRTUAL RPM 30 Mins	8:00AM - 8:30AM VIRTUAL RPM 30 Mins	7:00AM - 7:30AM VIRTUAL RPM 30 Mins	Cycling (SB)	11:00AM - 11:30AM VIRTUAL RPM 30 Mins	3:00PM - 3:30PM VIRTUAL BODYPUMP 30 Mins
7:00AM - 7:30AM VIRTUAL RPM 30 Mins	8:30AM - 9:00AM VIRTUAL RPM 30 Mins	9:00AM - 9:30AM VIRTUAL RPM 30 Mins	8:00AM - 8:30AM VIRTUAL RPM 30 Mins	5:15AM - 5:45AM VIRTUAL RPM 30 Mins	12:00PM - 12:30PM VIRTUAL RPM 30 Mins	Cycling (SB)
8:00AM - 8:30AM VIRTUAL RPM 30 Mins	9:30AM - 10:00AM VIRTUAL RPM 30 Mins	10:00AM - 10:30AM VIRTUAL RPM 30 Mins	9:00AM - 9:30AM VIRTUAL RPM 30 Mins	6:00AM - 6:30AM VIRTUAL RPM 30 Mins	1:00PM - 1:30PM VIRTUAL RPM 30 Mins	9:00AM - 9:30AM VIRTUAL RPM 30 Mins
9:00AM - 9:30AM VIRTUAL RPM 30 Mins	10:30AM - 11:00AM VIRTUAL RPM 30 Mins	11:00AM - 11:30AM VIRTUAL RPM 30 Mins	10:00AM - 10:30AM VIRTUAL RPM 30 Mins	7:00AM - 7:30AM VIRTUAL RPM 30 Mins	2:00PM - 2:30PM VIRTUAL RPM 30 Mins	10:00AM - 10:30AM VIRTUAL RPM 30 Mins
10:00AM - 10:30AM VIRTUAL RPM 30 Mins	1:30PM - 2:00PM VIRTUAL RPM 30 Mins	1:00PM - 1:30PM VIRTUAL RPM 30 Mins	11:00AM - 11:30AM VIRTUAL	8:00AM - 8:30AM VIRTUAL RPM 30 Mins	3:00PM - 3:50PM VIRTUAL RPM 50 Mins	11:00AM - 11:30AM VIRTUAL RPM 30 Mins
				9:00AM - 9:30AM VIRTUAL RPM 30 Mins		
				10:00AM - 10:30AM VIRTUAL		
				11:00AM - 11:30AM VIRTUAL		

11:00AM - 11:30AM **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

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

7:00PM - 7:50PM **VIRTUAL**
RPM 50
Mins

2:30PM - 3:00PM **VIRTUAL**
RPM 30
Mins

3:30PM - 4:00PM **VIRTUAL**
RPM 30
Mins

5:30PM - 6:00PM **VIRTUAL**
RPM 30
Mins

6:30PM - 7:00PM **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

RPM 30

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 - 5:30PM **VIRTUAL**
RPM 30
Mins

6:30PM - 7:00PM **VIRTUAL**
RPM 30
Mins

RPM 30

11:00AM - 11:30AM **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 - 5:30PM **VIRTUAL**
RPM 30
Mins

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

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



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



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



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



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



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



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



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



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.



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 - South Bend Group Exercise Timetable