

LES MILLS VIRTUAL



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYBALANCE 5:15AM - 5:45AM</p> <p>LES MILLS BODYBALANCE 6:00AM - 6:45AM</p> <p>LES MILLS BODYBALANCE 7:00AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS BODYBALANCE 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 11:00AM - 11:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 5:00PM - 5:45PM</p> <p>LES MILLS BODYBALANCE 7:30PM - 8:15PM</p>	<p>LES MILLS BODYBALANCE 5:30AM - 6:30AM</p> <p>LES MILLS BODYBALANCE 7:00AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 8:00AM - 8:45AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS BODYBALANCE 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 4:00PM - 4:45PM</p> <p>LES MILLS BODYBALANCE 7:00PM - 7:45PM</p> <p>LES MILLS BODYBALANCE 8:00PM - 8:45PM</p>	<p>LES MILLS BODYBALANCE 6:00AM - 6:45AM</p> <p>LES MILLS BODYBALANCE 7:00AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS BODYBALANCE 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 7:00PM - 7:45PM</p> <p>LES MILLS BODYBALANCE 8:00PM - 8:45PM</p>	<p>LES MILLS BODYBALANCE 5:30AM - 6:15AM</p> <p>LES MILLS BODYBALANCE 7:00AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 8:00AM - 8:45AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS BODYBALANCE 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 4:00PM - 4:45PM</p> <p>LES MILLS BODYBALANCE 7:00PM - 7:45PM</p> <p>LES MILLS BODYBALANCE 8:00PM - 8:45PM</p>	<p>LES MILLS BODYBALANCE 6:00AM - 6:45AM</p> <p>LES MILLS BODYBALANCE 7:00AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 8:00AM - 8:45AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 6:00PM - 6:45PM</p> <p>LES MILLS BODYBALANCE 7:00PM - 7:45PM</p> <p>LES MILLS BODYBALANCE 8:00PM - 8:45PM</p>	<p>LES MILLS BODYBALANCE 11:00AM - 11:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 4:00PM - 4:45PM</p>	<p>LES MILLS BODYBALANCE 7:00AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 8:00AM - 8:45AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS BODYBALANCE 10:00AM - 10:45AM</p> <p>LES MILLS BODYBALANCE 11:00AM - 11:45AM</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM</p> <p>LES MILLS BODYBALANCE 2:00PM - 2:45PM</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM</p> <p>LES MILLS BODYBALANCE 4:00PM - 4:45PM</p>

LES MILLS
BODYBALANCE

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

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

LES MILLS
BODYPUMP

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

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BODYPUMP

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

LES MILLS
GRIT | ATHLETIC

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

LES MILLS
GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS
GRIT | STRENGTH

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

LES MILLS
RPM

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

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RPM

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

LES MILLS
SH'BAM

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

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Fun-loving and insanely addictive dance workout. No dance

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Beacon Health & Fitness - Granger May 9, 2022 Group Exercise Timetable