




























Beacon Health & Fitness - Granger 1/15/24 LesMills Virtual

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS barre 5:15AM - 5:45AM Yoga/Pilates (GR)</p> <p>LES MILLS BODYPUMP 5:15AM - 5:45AM Group X (GR)</p> <p>LES MILLS BODYBALANCE 6:00AM - 6:45AM Yoga/Pilates (GR)</p> <p>LES MILLS sprint 6:15AM - 6:45AM Cycling (GR)</p> <p>LES MILLS RPM 7:00AM - 7:30AM Cycling (GR)</p> <p>LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM Group X (GR)</p> <p>LES MILLS barre 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 8:00AM - 8:30AM Cycling (GR)</p> <p>LES MILLS BODYPUMP 8:00AM - 8:30AM Group X (GR)</p> <p>LES MILLS RPM 9:00AM - 9:50AM Cycling (GR)</p> <p>LES MILLS RPM 10:00AM - 10:30AM Cycling (GR)</p> <p>LES MILLS barre 10:00AM - 10:30AM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 11:00AM - 11:50AM Cycling (GR)</p>	<p>LES MILLS RPM 5:15AM - 6:05AM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 5:30AM - 6:30AM Yoga/Pilates (GR)</p> <p>LES MILLS sprint 6:15AM - 6:45AM Cycling (GR)</p> <p>LES MILLS barre 6:30AM - 7:00AM Yoga/Pilates (GR)</p> <p>LES MILLS BODYPUMP 7:00AM - 7:30AM Group X (GR)</p> <p>LES MILLS RPM 7:00AM - 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12:45PM Group X (GR)</p> <p>LES MILLS RPM 1:00PM - 1:50PM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM Yoga/Pilates (GR)</p> <p>LES MILLS BODYATTACK 1:00PM - 1:30PM Group X (GR)</p> <p>LES MILLS BODYPUMP 2:00PM - 2:45PM Group X (GR)</p>	<p>LES MILLS BODYBALANCE 7:00AM - 7:45AM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 7:15AM - 8:05AM Cycling (GR)</p> <p>LES MILLS BODYPUMP 8:00AM - 8:30AM Group X (GR)</p> <p>LES MILLS barre 8:00AM - 8:30AM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 8:15AM - 8:45AM Cycling (GR)</p> <p>LES MILLS RPM 9:00AM - 9:50AM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (GR)</p> <p>LES MILLS GRIT ATHLETIC 9:15AM - 9:45AM Group X (GR)</p> <p>LES MILLS RPM 10:00AM - 10:50AM Cycling (GR)</p> <p>LES MILLS SH'BAM 10:00AM - 10:45AM Group X (GR)</p> <p>LES MILLS BODYBALANCE 10:00AM - 10:45AM Yoga/Pilates (GR)</p> <p>LES MILLS BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (GR)</p> <p>LES MILLS BODYCOMBAT 11:00AM - 11:45AM Group X (GR)</p>

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<p>LES MILLS BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (GR)</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p>barre 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p>LES MILLS SH'BAM 1:00PM - 1:30PM Group X (GR)</p> <p>sprint 1:30PM - 2:00PM Cycling (GR)</p> <p>LES MILLS RPM 2:00PM - 2:50PM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 2:15PM - 3:00PM Yoga/Pilates (GR)</p> <p>LES MILLS BODYPUMP 3:00PM - 3:45PM Group X (GR)</p> <p>LES MILLS RPM 3:00PM - 3:30PM Cycling (GR)</p> <p>barre 3:00PM - 3:30PM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 4:00PM - 4:50PM Cycling (GR)</p> <p>LES MILLS sprint 5:00PM - 5:30PM Cycling (GR)</p> <p>LES MILLS RPM 7:00PM - 7:50PM Cycling (GR)</p> <p>barre 7:30PM - 8:00PM Yoga/Pilates (GR)</p>	<p>LES MILLS RPM 1:00PM - 1:50PM Cycling (GR)</p> <p>LES MILLS RPM 2:00PM - 2:50PM Cycling (GR)</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:45PM Group X (GR)</p> <p>LES MILLS RPM 3:00PM - 3:50PM Cycling (GR)</p> <p>CORE 3:00PM - 3:30PM Group X (GR)</p> <p>LES MILLS BODYBALANCE FLEXIBILITY 3:30PM - 4:00PM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 4:00PM - 4:50PM Cycling (GR)</p> <p>barre 4:00PM - 4:30PM Yoga/Pilates (GR)</p> <p>LES MILLS SH'BAM 4:00PM - 4:30PM Group X (GR)</p> <p>LES MILLS BODYCOMBAT 4:45PM - 5:15PM Group X (GR)</p> <p>LES MILLS RPM 6:30PM - 7:00PM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 7:00PM - 7:45PM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 7:15PM - 7:45PM Cycling (GR)</p> <p>LES MILLS GRIT CARDIO 7:30PM - 8:00PM Group X (GR)</p>	<p>LES MILLS RPM 11:00AM - 11:50AM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 12:30PM - 1:20PM Cycling (GR)</p> <p>barre 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p>sprint 1:30PM - 2:00PM Cycling (GR)</p> <p>LES MILLS RPM 2:00PM - 2:50PM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 2:15PM - 3:00PM Yoga/Pilates (GR)</p> <p>LES MILLS BODYPUMP 3:00PM - 3:45PM Group X (GR)</p> <p>LES MILLS RPM 3:00PM - 3:50PM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 3:00PM - 3:45PM Yoga/Pilates (GR)</p> <p>LES MILLS RPM 4:00PM - 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<p> sprint 8:00PM - 8:30PM Cycling (GR)</p> <p> BODYPUMP 8:15PM - 8:45PM Group X (GR)</p>	<p> RPM 8:00PM - 8:30PM Cycling (GR)</p> <p> barre 8:00PM - 8:30PM Yoga/Pilates (GR)</p> <p> CORE 8:00PM - 8:30PM Group X (GR)</p>	<p> sprint 8:00PM - 8:30PM Cycling (GR)</p> <p> BODYPUMP 8:15PM - 8:45PM Group X (GR)</p>	<p> RPM 6:30PM - 7:00PM Cycling (GR)</p> <p> barre 6:30PM - 7:00PM Yoga/Pilates (GR)</p> <p> BODYBALANCE 7:00PM - 7:45PM Yoga/Pilates (GR)</p> <p> RPM 7:15PM - 7:45PM Cycling (GR)</p> <p> BODYCOMBAT 7:45PM - 8:15PM Group X (GR)</p> <p> RPM 8:00PM - 8:30PM Cycling (GR)</p> <p> barre 8:00PM - 8:30PM Yoga/Pilates (GR)</p> <p> CORE 8:15PM - 8:45PM Group X (GR)</p>	<p> RPM 6:00PM - 6:30PM Cycling (GR)</p> <p> BODYBALANCE 6:00PM - 6:45PM Yoga/Pilates (GR)</p> <p> CORE 6:00PM - 6:45PM Group X (GR)</p> <p> RPM 7:00PM - 7:50PM Cycling (GR)</p> <p> barre 7:00PM - 7:30PM Yoga/Pilates (GR)</p> <p> BODYCOMBAT 7:00PM - 7:30PM Group X (GR)</p> <p> BODYPUMP 7:30PM - 8:00PM Group X (GR)</p> <p> RPM 8:00PM - 8:30PM Cycling (GR)</p> <p> BODYBALANCE 8:00PM - 8:45PM Yoga/Pilates (GR)</p> <p> BODYATTACK 8:15PM - 8:45PM Group X (GR)</p>		<p> barre 4:00PM - 4:30PM Yoga/Pilates (GR)</p> <p> sprint 4:00PM - 4:30PM Cycling (GR)</p>

LES MILLS barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

LES MILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE

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

LES MILLS BODYBALANCE FLEXIBILITY

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 BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYCOMBAT

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

LES MILLS BODYPUMP

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

LES MILLS BODYPUMP

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

LES MILLS CORE

Core conditioning workout targeting all the muscles around the

core. A strong core makes us better at everything we do.

LES MILLS CORE

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

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.

LES MILLS 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!

LES MILLS SH'BAM

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

LES MILLS Sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Beacon Health &
Fitness - Granger

1/15/24

Group Fitness
Yoga/Pilates/Barre Studio