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

10:00AM - 10:30AM

Yoga/Pilates (GR)

11:00AM - 11:50AM

Cycling (GR)

12:00PM - 12:50PM

Cycling (GR)

Monday Wednesday Friday Tuesday Thursday Saturday Sunday LesMills LesMills LesMills LesMills **Obarre Obarre OCORE D BODYPUMP D** RODYBALANCE 5:15AM - 5:45AM 7:15AM - 7:45AM 5:15AM - 5:45AM 5:15AM - 6:05AM 5:15AM - 5:45AM 5:15AM - 5:45AM 7:00AM - 7:45AM Group X (GR) Group X (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) O RPM **D BODYPUMP Obarre** LesMills LesMills **Obarre** BODYBALANCE RODYBALANCE 5:15AM - 5:45AM 5:30AM - 6:30AM 5:30AM - 6:00AM 5:30AM - 6:15AM 5:15AM - 5:45AM 8:30AM - 9:00AM 7:15AM - 8:05AM Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) **O** BODYPUMP LesMills LesMills O RPM LesMills LesMills **BODYBALANCE BODYBALANCE Obarre** sprint **BODYBALANCE** 6:00AM - 6:45AM 6:30AM - 7:00AM 6:00AM - 6:45AM 9:00AM - 9:50AM 8:00AM - 8:30AM 6:00AM - 6:45AM 6:15AM - 6:45AM Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) LESMILLS **Sprint** LesMills **Obarre Obarre** LesMills RPM RPM 6:15AM - 6:45AM 6:30AM - 7:00AM 7:00AM - 7:30AM 7:00AM - 7:30AM 6:15AM - 6:45AM 10:00AM - 10:50AM 8:00AM - 8:30AM Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) O RPM LesMills LesMills LesMills LesMills LesMills **○** RPM **○** RPM **D** BODYCOMBAT OGRIT CARDIO **BODYPUMP BODYBALANCE** 7:00AM - 7:30AM 7:00AM - 7:30AM 7:00AM - 7:30AM 7:00AM - 7:45AM 7:00AM - 7:30AM 11:00AM - 11:30AM 8:15AM - 8:45AM Group X (GR) Group X (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills LesMills **()** RPM O OGRIT | ATHLETIC **OGRIT ATHLETIC** barre 7:00AM - 7:30AM 7:00AM - 7:30AM 7:15AM - 7:45AM 7:00AM - 7:30AM 7:00AM - 7:30AM 11:00AM - 11:30AM 9:00AM - 9:50AM Group X (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Cycling (GR) Group X (GR) Cycling (GR) O RPM O RPM LesMills **D** LESMILLS
BODYBALANCE **Obarre Obarre** GRIT | CARDIO **BODYBALANCE** 7:15AM - 7:45AM 7:00AM - 7:45AM 7:30AM - 8:00AM 8:00AM - 8:30AM 7:15AM - 7:45AM 11:45AM - 12:35PM 9:00AM - 9:45AM Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Cyclina (GR) Yoga/Pilates (GR) Cyclina (GR) LesMills LesMills **Obarre** LesMills LesMills LesMills **SH'BAM** (D) RPM **○** RPM OGRIT | ATHLETIC **BODYBALANCE RPM** 8:00AM - 8:30AM 8:00AM - 8:30AM 8:00AM - 8:30AM 8:00AM - 8:45AM 8:00AM - 8:30AM 12:00PM - 12:30PM 9:15AM - 9:45AM Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Group X (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills LesMills **BODYPUMP OCORE** BODYBALANCE 8:00AM - 8:30AM 8:00AM - 8:45AM 8:00AM - 8:30AM 9:00AM - 9:50AM 9:00AM - 9:50AM 12:00PM - 12:45PM 10:00AM - 10:50AM Group X (GR) Yoga/Pilates (GR) Cyclina (GR) Cycling (GR) Cyclina (GR) Group X (GR) Cyclina (GR) **D** LESMILLS BODYBALANCE **D BODYBALANCE** LesMills O RPM SH'BAM LesMills LesMills LesMills **BODYBALANCE** 9:00AM - 9:50AM 9:00AM - 9:45AM 8:00AM - 8:45AM 9:00AM - 9:45AM 10:00AM - 10:30AM 1:00PM - 1:50PM 10:00AM - 10:45AM Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills LesMills **D BODYBALANCE** () RPM **O**barre **RPM RPM BODYBALANCE** RPM 10:00AM - 10:30AM 10:00AM - 10:30AM 9:00AM - 9:50AM 10:00AM - 10:30AM 10:00AM - 10:30AM 1:00PM - 1:45PM 10:00AM - 10:45AM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) LesMills LesMills LesMills LesMills LesMills LesMills Obarre BODYBALANCE 10:00AM - 10:30AM 11:00AM - 11:30AM 10:00AM - 10:30AM 11:00AM - 11:30AM 11:00AM - 11:50AM 1:00PM - 1:30PM 11:00AM - 11:45AM Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Group X (GR) Yoga/Pilates (GR) LesMills LesMills LesMills LesMills LesMills LesMills **D** BODYPUMP **D** BODYCOMBAT **O**barre

12:00PM - 12:50PM

Cycling (GR)

12:00PM - 12:45PM

Yoga/Pilates (GR)

2:00PM - 2:45PM

Group X (GR)

11:00AM - 11:45AM

Group X (GR)

Wednesday Thursday Friday Saturday Monday Tuesday Sunday O RPM LesMills LesMills LesMills **Obarre SH'BAM Obarre BODYBALANCE** 12:00PM - 12:45PM 2:00PM - 2:30PM 11:00AM - 11:45AM 1:00PM - 1:50PM 11:00AM - 11:50AM 1:00PM - 1:30PM 11:00AM - 11:30AM Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Group X (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills (D) RPM (**b**) sprint **BODYBALANCE RPM** BODYBALANCE **RPM** 12:00PM - 12:45PM 2:00PM - 2:50PM 12:00PM - 12:45PM 1:00PM - 1:50PM 1:30PM - 2:00PM 2:00PM - 2:30PM 11:45AM - 12:35PM Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) O RPM O RPM **Obarre** LesMills LesMills LesMills **○** RPM OGRIT ATHLETIC CARDIO **BODYCOMBAT** 1:00PM - 1:30PM 2:00PM - 2:45PM 12:30PM - 1:20PM 1:00PM - 1:30PM 2:00PM - 2:50PM 3:00PM - 3:50PM 12:00PM - 12:30PM Yoga/Pilates (GR) Group X (GR) Cycling (GR) Group X (GR) Cycling (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills **D** BODYBALANCE **O** BODYBALANCE **SH'BAM Obarre D** BODYCOMBAT 1:00PM - 1:30PM 3:00PM - 3:50PM 1:00PM - 1:30PM 1:15PM - 1:45PM 2:00PM - 2:45PM 3:00PM - 3:45PM 12:00PM - 12:45PM Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) Sprint LesMills **BODYCOMBAT** LesMills **D** BODYBALANCE () Sprint **OCORE** OGRIT | CARDIO 3:00PM - 3:30PM 1:30PM - 2:00PM 1:00PM - 1:30PM 1:30PM - 2:00PM 2:00PM - 2:50PM 2:15PM - 3:00PM 3:00PM - 3:45PM Group X (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Group X (GR) Group X (GR) LesMills LesMills LesMills LesMills O RPM LesMills **○** RPM BODYBALANCE | FLEXIBILITY **O GRIT** | STRENGTH **○** RPM **BODYCOMBAT** 2:00PM - 2:50PM 3:30PM - 4:00PM 2:00PM - 2:50PM 2:00PM - 2:45PM 3:00PM - 3:30PM 4:00PM - 4:30PM 1:00PM - 1:50PM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) Group X (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills LesMills **O**barre BODYBALANCE BODYBALANCE **BODYBALANCE** RPM 2:15PM - 3:00PM 4:00PM - 4:50PM 2:15PM - 3:00PM 3:00PM - 3:50PM 3:00PM - 3:50PM 4:00PM - 4:45PM 1:00PM - 1:30PM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) **D** LESMILLS BODYPUMP **D BODYPUMP O** BODYBALANCE O RPM SH'BAM LesMills **Obarre OCORE** 3:00PM - 3:45PM 4:00PM - 4:30PM 3:00PM - 3:45PM 3:00PM - 3:45PM 3:00PM - 3:45PM 4:00PM - 4:45PM 2:00PM - 2:50PM Group X (GR) Yoga/Pilates (GR) Group X (GR) Group X (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills BODYBALANCE | FLEXIBILITY **SH'BAM** (D) RPM \odot **SH'BAM** BODYBALANCE RPM 3:30PM - 4:00PM 4:00PM - 4:45PM 3:00PM - 3:50PM 4:00PM - 4:30PM 3:00PM - 3:50PM 2:00PM - 2:45PM Cycling (GR) Group X (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) D LESMILLS
BODYATTA LesMills LesMills LesMills **○** RPM LesMills **Obarre BODYCOMBAT** BODYBALANCE 3:00PM - 3:30PM 4:45PM - 5:15PM 3:00PM - 3:45PM 3:45PM - 4:30PM 4:00PM - 4:50PM 2:00PM - 2:45PM Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills **○** RPM **Obarre** 4:00PM - 4:50PM 4:00PM - 4:50PM 6:30PM - 7:00PM 4:00PM - 4:50PM 4:00PM - 4:30PM 3:00PM - 3:50PM Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills **SH'BAM ()** RPM **O** BODYPUMP **Sprint** 5:00PM - 5:30PM 7:00PM - 7:45PM 7:00PM - 7:50PM 4:00PM - 4:45PM 5:00PM - 5:45PM 3:00PM - 3:45PM Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills **BODYBALANCE** O SH'BAM **Obarre** 7:00PM - 7:50PM 7:15PM - 7:45PM 7:00PM - 7:30PM 4:45PM - 5:15PM 5:00PM - 5:50PM 3:00PM - 3:45PM Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Yoga/Pilates (GR) **O** BODYPUMP LesMills LesMills LesMills **BODYBALANCE O**barre **OGRIT** CARDIO **BODYBALANCE**

5:30PM - 6:20PM

Cycling (GR)

5:00PM - 5:45PM

Yoga/Pilates (GR)

4:00PM - 4:30PM

Group X (GR)

7:30PM - 8:00PM

Yoga/Pilates (GR)

7:30PM - 8:00PM

Group X (GR)

8:00PM - 8:45PM

Yoga/Pilates (GR)

Wednesday Monday Tuesday Thursday () Sprint LesMills Sprint LesMills O RPM **○** RPM 8:00PM - 8:30PM 8:00PM - 8:30PM 8:00PM - 8:30PM

Cycling (GR)

D BODYPUMP

8:15PM - 8:45PM

Group X (GR)

D BODYPUMP Obarre 8:15PM - 8:45PM 8:00PM - 8:30PM Group X (GR) Yoga/Pilates (GR)

Cycling (GR)

OCORE 8:00PM - 8:30PM Group X (GR)

Cycling (GR)

6:30PM - 7:00PM

Cycling (GR)

Obarre

6:30PM - 7:00PM Yoga/Pilates (GR)

O BODYBALANCE

LesMills

7:00PM - 7:45PM Yoga/Pilates (GR)

○ RPM 7:15PM - 7:45PM Cycling (GR)

D LESMILLS **BODYCOMBAT** 7:45PM - 8:15PM

Group X (GR)

LesMills

8:00PM - 8:30PM Cycling (GR)

Obarre

8:00PM - 8:30PM Yoga/Pilates (GR)

OCORE

8:15PM - 8:45PM Group X (GR)

O RPM

Friday

6:00PM - 6:30PM Cycling (GR)

LesMills **O BODYBALANCE**

6:00PM - 6:45PM Yoga/Pilates (GR)

OCORE

6:00PM - 6:45PM Group X (GR)

LesMills **O** RPM

7:00PM - 7:50PM Cycling (GR)

Obarre

7:00PM - 7:30PM Yoga/Pilates (GR)

D BODYCOMBAT

7:00PM - 7:30PM Group X (GR)

D BODYPUMP

7:30PM - 8:00PM Group X (GR)

O RPM

8:00PM - 8:30PM Cycling (GR)

LesMills **O** BODYBALANCE

8:00PM - 8:45PM Yoga/Pilates (GR)

D BODYATTACK

8:15PM - 8:45PM Group X (GR)

Sunday

Obarre 4:00PM - 4:30PM Yoga/Pilates (GR)

Saturday

4:00PM - 4:30PM Cycling (GR)

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



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



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



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.



Learn the basic moves and format of a LES MILLS BODYBALANCE 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.

LesMills **D** BODYCOMBAT

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

LesMills **D** BODYCOMBAT

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



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.



Core conditioning workout targeting all the muscles around the

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

OCORE

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

O GRIT ATHLETIC

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

OGRIT CARDIO

High-intensity interval training that improves cardiovascular fitness.

() GRIT | STRENGTH

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.



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



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



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