

Beacon Health & Fitness - Granger 4/26/24 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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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 RPM 9:00AM - 9:50AM Cycling (GR)</p> <p>LES MILLS RPM 10:00AM - 10:30AM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 11:00AM - 11:50AM Cycling (GR)</p> <p>LES MILLS BODYBALANCE 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p>LES MILLS barre 1:00PM - 1:30PM Yoga/Pilates (GR)</p>	<p>LES MILLS barre 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p>LES MILLS sprint 8:30AM - 9:00AM Cycling (GR)</p> <p>LES MILLS RPM 9:00AM - 9:50AM Cycling (GR)</p> <p>LES MILLS RPM 10:00AM - 10:50AM Cycling (GR)</p> <p>LES MILLS GRIT CARDIO 11:00AM - 11:30AM Group X (GR)</p> <p>LES MILLS RPM 11:00AM - 11:30AM Cycling (GR)</p> <p>LES MILLS RPM 11:45AM - 12:35PM Cycling (GR)</p> <p>LES MILLS barre 12:00PM - 12:30PM Yoga/Pilates (GR)</p> <p>LES MILLS CORE 12:00PM - 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> LES MILLS barre 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p> LES MILLS SH'BAM 1:00PM - 1:30PM Group X (GR)</p> <p> LES MILLS 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 barre 3:00PM - 3:30PM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycling (GR)</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycling (GR)</p> <p> LES MILLS barre 5:00PM - 5:30PM Cycling (GR)</p> <p> LES MILLS RPM 7:00PM - 7:50PM Cycling (GR)</p> <p> LES MILLS barre 7:30PM - 8:00PM Yoga/Pilates (GR)</p>	<p> LES MILLS RPM 12:00PM - 12:50PM Cycling (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> LES MILLS BODYBALANCE FLEXIBILITY 3:30PM - 4:00PM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 4:00PM - 4:50PM Cycling (GR)</p> <p> LES MILLS barre 4:00PM - 4:30PM Yoga/Pilates (GR)</p> <p> LES MILLS BODYCOMBAT 4:15PM - 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 8:00PM - 8:30PM Cycling (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> LES MILLS barre 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p> LES MILLS 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 - 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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.

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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.

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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.

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

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

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and fit - fast.

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

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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.

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
4/8/24

Group Fitness
Yoga/Pilates/Barre Studio