Beacon Health & Fitness - Granger 4/26/24 LesMills Virtual

10:00AM - 10:30AM

Yoga/Pilates (GR)

11:00AM - 11:50AM

Cycling (GR)

11:00AM - 11:30AM

Yoga/Pilates (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 BODYBALANCE 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) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Cycling (GR) **O** BODYPUMP LesMills LesMills LesMills LesMills **BODYBALANCE BODYBALANCE** (P) Sprint **Obarre 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 ()** 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) Cycling (GR) Cycling (GR) Group X (GR) Yoga/Pilates (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) LesMills **D** LESMILLS BODYBALANCE **D BODYBALANCE** LesMills O RPM SH'BAM 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 LesMills **O** RPM **O** RPM (D) RPM **D BODYBALANCE RPM RPM BODYBALANCE** 10:00AM - 10:30AM 10:00AM - 10:30AM 9:00AM - 9:50AM 10:00AM - 10:30AM 11:00AM - 11:50AM 1:00PM - 1:45PM 10:00AM - 10:45AM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) LesMills LesMills LesMills LesMills LesMills LesMills Obarre 10:00AM - 10:30AM 11:00AM - 11:30AM 10:00AM - 10:30AM 11:00AM - 11:30AM 12:00PM - 12:45PM 1:00PM - 1:30PM 11:00AM - 11:45AM Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) LesMills LesMills LesMills LesMills **D** BODYCOMBAT barre **O**barre **O**barre **DEPOTYPUMP**

12:00PM - 12:50PM

Cycling (GR)

1:00PM - 1:30PM

Yoga/Pilates (GR)

2:00PM - 2:45PM

Group X (GR)

11:00AM - 11:45AM

Group X (GR)

Monday Tuesday Wednesday Thursday Friday Saturday Sunday O RPM LesMills LesMills LesMills O SH'BAM **Obarre** (E) Sprint **BODYBALANCE** 12:00PM - 12:45PM 1:30PM - 2:00PM 2:00PM - 2:30PM 11:00AM - 11:30AM 11:00AM - 11:45AM 12:00PM - 12:50PM 11:00AM - 11:50AM Group X (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills LesMills () Sprint (D) RPM () RPM **BODYBALANCE** RPM BODYBALANCE **RPM** 12:00PM - 12:45PM 1:00PM - 1:50PM 12:00PM - 12:45PM 1:00PM - 1:50PM 2:00PM - 2:50PM 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** BODYCOMBAT O RPM **Obarre** LesMills LesMills OGRIT ATHLETIC CARDIO **RPM** 1:00PM - 1:30PM 2:00PM - 2:50PM 12:30PM - 1:20PM 1:00PM - 1:30PM 2:00PM - 2:45PM 3:00PM - 3:50PM 12:00PM - 12:30PM Yoga/Pilates (GR) Cyclina (GR) Cycling (GR) Group X (GR) Group X (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills **Obarre D** BODYBALANCE **D BODYBALANCE SH'BAM D** BODYCOMBAT **D** BODYBALANCE 1:00PM - 1:30PM 2:00PM - 2:45PM 1:00PM - 1:30PM 1:15PM - 1:45PM 2:15PM - 3:00PM 3:00PM - 3:45PM 12:00PM - 12:45PM Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Group X (GR) Yoga/Pilates (GR) O RPM **P** RPM **BODYCOMBAT** Sprint (E) Sprint OGRIT STRENGTH OGRIT | CARDIO 1:30PM - 2:00PM 3:00PM - 3:30PM 1:00PM - 1:30PM 1:30PM - 2:00PM 3:00PM - 3:50PM 2:00PM - 2:50PM 3:00PM - 3:45PM Cycling (GR) Group X (GR) Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills LesMills **○** RPM **○** RPM BODYBALANCE | FLEXIBILITY 0 **D** BODYCOMBAT **○** RPM O RPM 2:00PM - 2:50PM 3:30PM - 4:00PM 2:00PM - 2:50PM 2:00PM - 2:45PM 3:00PM - 3:50PM 4:00PM - 4:30PM 1:00PM - 1:50PM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills LesMills **O**barre **BODYBALANCE BODYBALANCE BODYBALANCE BODYBALANCE** 2:15PM - 3:00PM 4:00PM - 4:50PM 2:15PM - 3:00PM 3:00PM - 3:50PM 3:00PM - 3:45PM 4:00PM - 4:45PM 1:00PM - 1:30PM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) **D** LESMILLS BODYPUMP **O** BODYPUMP SH'BAM O RPM SH'BAM LesMills **Obarre** BODYBALANCE | FLEXIBILITY 3:00PM - 3:45PM 4:00PM - 4:30PM 3:00PM - 3:45PM 4:00PM - 4:45PM 4:00PM - 4:45PM 2:00PM - 2:50PM 3:30PM - 4:00PM Group X (GR) Group X (GR) Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) LesMills LesMills LesMills LesMills LesMills LesMills (D) RPM **D** BODYCOMBAT \odot (D) RPM **D** BODYBALANCE RPM RPM 4:15PM - 5:15PM 3:00PM - 3:50PM 3:00PM - 3:50PM 4:00PM - 4:50PM 4:00PM - 4:50PM 2:00PM - 2:45PM Cycling (GR) Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) LESMILLS **O**barre D LESMILLS
BODYATTA LesMills LesMills **Obarre** BODYBALANCE **BODYBALANCE** 3:00PM - 3:30PM 6:30PM - 7:00PM 3:00PM - 3:45PM 4:00PM - 4:45PM 4:00PM - 4:30PM 2:00PM - 2:45PM Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) LesMills **D BODYPUMP** LesMills LesMills LesMills LesMills O SH'BAM **○** RPM **BODYBALANCE** 4:00PM - 4:50PM 4:15PM - 5:00PM 5:00PM - 5:45PM 3:00PM - 3:50PM 4:00PM - 4:50PM 7:00PM - 7:45PM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) Group X (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills **SH'BAM** O **()** RPM **() RPM ()** RPM **Sprint** RPM 5:00PM - 5:30PM 7:15PM - 7:45PM 7:00PM - 7:50PM 5:30PM - 6:20PM 5:00PM - 5:50PM 3:00PM - 3:45PM Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Group X (GR) LesMills **O** BODYBALANCE **D** BODYBALANCE LesMills LesMills **Obarre OGRIT** CARDIO 7:00PM - 7:50PM 7:30PM - 8:00PM 7:00PM - 7:30PM 6:30PM - 7:00PM 5:00PM - 5:45PM 3:00PM - 3:45PM Cycling (GR) Group X (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) LESMILLS ROPE O RPM **O** BODYPUMP LesMills **O**barre **Obarre BODYBALANCE**

6:30PM - 7:00PM

Yoga/Pilates (GR)

6:00PM - 6:30PM

Cycling (GR)

4:00PM - 4:30PM

Group X (GR)

7:30PM - 8:00PM

Yoga/Pilates (GR)

8:00PM - 8:30PM

Cycling (GR)

8:00PM - 8:45PM

Yoga/Pilates (GR)

Monday

Tuesday

Wednesday

Friday Saturday Sunday

Sprint

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

D BODYPUMP

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

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

OCORE

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

Sprint

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

Group X (GR)

D BODYPUMP 8:15PM - 8:45PM

LesMills O **BODYBALANCE** 7:00PM - 7:45PM

Thursday

Yoga/Pilates (GR)

LesMills **O** RPM

7:15PM - 7:45PM Cycling (GR)

D LESMILLS **BODYCOMBAT**

7:45PM - 8:15PM Group X (GR)

LesMills **○** RPM

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

Obarre

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

OCORE

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

D LESMILLS BODYBALANCE

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

OCORE

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

E RPM

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

Obarre

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

O BODYCOMBAT

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

LesMills **BODYPUMP**

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

LesMills O RPM

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

D LESMILLS BODYBALANCE

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

LesMills **O** BODYATTACK

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

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

Sprint

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.

LesMills BODYBALANCE

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 **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.

LesMills **BODYPUMP**

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.

ATHLETIC

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

CARDIO CARDIO

High-intensity interval training that improves cardiovascular

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 4/8/24

Group Fitness Yoga/Pilates/Barre Studio