

# Beacon Health & Fitness - Granger 6/2/24 LesMills Virtual

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS barre</b> 5:15AM - 5:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYPUMP</b> 5:15AM - 5:45AM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 6:00AM - 6:45AM Yoga/Pilates (GR)</p> <p><b>sprint</b> 6:15AM - 6:45AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 7:00AM - 7:30AM Cycling (GR)</p> <p><b>LES MILLS GRIT   ATHLETIC</b> 7:00AM - 7:30AM Group X (GR)</p> <p><b>barre</b> 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:30AM Cycling (GR)</p> <p><b>LES MILLS BODYPUMP</b> 8:00AM - 8:30AM Group X (GR)</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:30AM Cycling (GR)</p> <p><b>barre</b> 10:00AM - 10:30AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 11:00AM - 11:50AM Cycling (GR)</p>	<p><b>LES MILLS RPM</b> 5:15AM - 6:05AM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 5:30AM - 6:30AM Yoga/Pilates (GR)</p> <p><b>sprint</b> 6:15AM - 6:45AM Cycling (GR)</p> <p><b>LES MILLS BODYPUMP</b> 7:00AM - 7:30AM Group X (GR)</p> <p><b>LES MILLS RPM</b> 7:00AM - 7:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:30AM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 8:00AM - 8:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 11:00AM - 11:30AM Cycling (GR)</p> <p><b>barre</b> 11:00AM - 11:30AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 12:00PM - 12:50PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 1:00PM - 1:50PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycling (GR)</p>	<p><b>LES MILLS BODYATTACK</b> 5:15AM - 5:45AM Group X (GR)</p> <p><b>barre</b> 5:30AM - 6:00AM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 6:00AM - 6:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 7:00AM - 7:30AM Cycling (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 7:00AM - 7:30AM Group X (GR)</p> <p><b>barre</b> 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS GRIT   CARDIO</b> 7:30AM - 8:00AM Group X (GR)</p> <p><b>LES MILLS SH'BAM</b> 8:00AM - 8:30AM Group X (GR)</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:30AM Cycling (GR)</p> <p><b>barre</b> 10:00AM - 10:30AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 11:00AM - 11:50AM Cycling (GR)</p>	<p><b>LES MILLS CORE</b> 5:15AM - 5:45AM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 5:30AM - 6:15AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 7:00AM - 7:30AM Cycling (GR)</p> <p><b>LES MILLS BODYATTACK</b> 7:00AM - 7:30AM Group X (GR)</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:30AM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 8:00AM - 8:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:30AM Cycling (GR)</p> <p><b>LES MILLS SH'BAM</b> 12:00PM - 12:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 1:00PM - 1:50PM Cycling (GR)</p> <p><b>LES MILLS GRIT   CARDIO</b> 1:00PM - 1:30PM Group X (GR)</p>	<p><b>LES MILLS BODYPUMP</b> 5:15AM - 5:45AM Group X (GR)</p> <p><b>barre</b> 5:15AM - 5:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 6:00AM - 6:45AM Yoga/Pilates (GR)</p> <p><b>sprint</b> 6:15AM - 6:45AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 7:00AM - 7:30AM Cycling (GR)</p> <p><b>LES MILLS GRIT   ATHLETIC</b> 7:00AM - 7:30AM Group X (GR)</p> <p><b>barre</b> 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 8:00AM - 8:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 11:00AM - 11:50AM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p><b>barre</b> 1:00PM - 1:30PM Yoga/Pilates (GR)</p>	<p><b>LES MILLS barre</b> 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p><b>sprint</b> 8:30AM - 9:00AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:50AM Cycling (GR)</p> <p><b>LES MILLS GRIT   CARDIO</b> 11:00AM - 11:30AM Group X (GR)</p> <p><b>LES MILLS RPM</b> 11:00AM - 11:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 11:45AM - 12:35PM Cycling (GR)</p> <p><b>barre</b> 12:00PM - 12:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS CORE</b> 12:00PM - 12:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 1:00PM - 1:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 1:00PM - 1:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYATTACK</b> 1:00PM - 1:30PM Group X (GR)</p> <p><b>LES MILLS BODYPUMP</b> 2:00PM - 2:45PM Group X (GR)</p>	<p><b>LES MILLS BODYBALANCE</b> 7:00AM - 7:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 7:15AM - 8:05AM Cycling (GR)</p> <p><b>LES MILLS BODYPUMP</b> 8:00AM - 8:30AM Group X (GR)</p> <p><b>barre</b> 8:00AM - 8:30AM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 8:15AM - 8:45AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:50AM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 9:00AM - 9:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS GRIT   ATHLETIC</b> 9:15AM - 9:45AM Group X (GR)</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:50AM Cycling (GR)</p> <p><b>LES MILLS SH'BAM</b> 10:00AM - 10:45AM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 10:00AM - 10:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 11:00AM - 11:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 11:00AM - 11:45AM Group X (GR)</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS BODYBALANCE</b> 11:00AM - 11:45AM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p><b>barre</b> 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS SH'BAM</b> 1:00PM - 1:30PM Group X (GR)</p> <p><b>sprint</b> 1:30PM - 2:00PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 2:15PM - 3:00PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>barre</b> 3:00PM - 3:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycling (GR)</p> <p><b>sprint</b> 5:00PM - 5:30PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 7:00PM - 7:50PM Cycling (GR)</p> <p><b>barre</b> 7:30PM - 8:00PM Yoga/Pilates (GR)</p>	<p><b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> FLEXIBILITY 3:30PM - 4:00PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycling (GR)</p> <p><b>barre</b> 4:00PM - 4:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 4:15PM - 5:15PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 6:30PM - 7:00PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 7:00PM - 7:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 7:15PM - 7:45PM Cycling (GR)</p> <p><b>LES MILLS GRIT</b> CARDIO 7:30PM - 8:00PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 8:00PM - 8:30PM Cycling (GR)</p> <p><b>barre</b> 8:00PM - 8:30PM Yoga/Pilates (GR)</p> <p><b>CORE</b> 8:00PM - 8:30PM Group X (GR)</p>	<p><b>LES MILLS BODYBALANCE</b> 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 12:30PM - 1:20PM Cycling (GR)</p> <p><b>barre</b> 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p><b>sprint</b> 1:30PM - 2:00PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 2:15PM - 3:00PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 3:00PM - 3:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 7:00PM - 7:50PM Cycling (GR)</p> <p><b>barre</b> 7:00PM - 7:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 8:00PM - 8:45PM Yoga/Pilates (GR)</p> <p><b>sprint</b> 8:00PM - 8:30PM Cycling (GR)</p>	<p><b>LES MILLS BODYBALANCE</b> BEGINNER 1:15PM - 1:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycling (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> FLEXIBILITY 3:30PM - 4:00PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 4:00PM - 4:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS SH'BAM</b> 4:15PM - 5:00PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 5:30PM - 6:20PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 6:30PM - 7:00PM Cycling (GR)</p> <p><b>barre</b> 6:30PM - 7:00PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 7:00PM - 7:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 7:15PM - 7:45PM Cycling (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 7:45PM - 8:15PM Group X (GR)</p>	<p><b>sprint</b> 1:30PM - 2:00PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycling (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 2:00PM - 2:45PM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 2:15PM - 3:00PM Yoga/Pilates (GR)</p> <p><b>LES MILLS GRIT</b> STRENGTH 3:00PM - 3:30PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 3:00PM - 3:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS SH'BAM</b> 4:00PM - 4:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:50PM Cycling (GR)</p> <p><b>barre</b> 4:00PM - 4:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYPUMP</b> 5:00PM - 5:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 5:00PM - 5:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 5:00PM - 5:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 6:00PM - 6:30PM Cycling (GR)</p>	<p><b>barre</b> 2:00PM - 2:30PM Yoga/Pilates (GR)</p> <p><b>sprint</b> 2:00PM - 2:30PM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 3:00PM - 3:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYCOMBAT</b> 3:00PM - 3:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 4:00PM - 4:30PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 4:00PM - 4:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS SH'BAM</b> 4:00PM - 4:45PM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 2:00PM - 2:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYATTACK</b> 2:00PM - 2:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 3:00PM - 3:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYPUMP</b> 4:00PM - 4:30PM Group X (GR)</p>	<p><b>sprint</b> 11:00AM - 11:30AM Cycling (GR)</p> <p><b>LES MILLS RPM</b> 11:45AM - 12:35PM Cycling (GR)</p> <p><b>LES MILLS GRIT</b> ATHLETIC 12:00PM - 12:30PM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS GRIT</b> CARDIO 1:00PM - 1:30PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 1:00PM - 1:50PM Cycling (GR)</p> <p><b>barre</b> 1:00PM - 1:30PM Yoga/Pilates (GR)</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Cycling (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 2:00PM - 2:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYATTACK</b> 2:00PM - 2:45PM Group X (GR)</p> <p><b>LES MILLS RPM</b> 3:00PM - 3:50PM Cycling (GR)</p> <p><b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM Group X (GR)</p> <p><b>LES MILLS BODYBALANCE</b> 3:00PM - 3:45PM Yoga/Pilates (GR)</p> <p><b>LES MILLS BODYPUMP</b> 4:00PM - 4:30PM Group X (GR)</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>sprint</b> 8:00PM - 8:30PM Cycling (GR)</p> <p> <b>BODYPUMP</b> 8:15PM - 8:45PM Group X (GR)</p>		<p> <b>LES MILLS BODYPUMP</b> 8:15PM - 8:45PM Group X (GR)</p>	<p> <b>LES MILLS RPM</b> 8:00PM - 8:30PM Cycling (GR)</p> <p> <b>barre</b> 8:00PM - 8:30PM Yoga/Pilates (GR)</p> <p> <b>LES MILLS CORE</b> 8:15PM - 8:45PM Group X (GR)</p>	<p> <b>LES MILLS BODYBALANCE</b> 6:00PM - 6:45PM Yoga/Pilates (GR)</p> <p> <b>LES MILLS CORE</b> 6:00PM - 6:45PM Group X (GR)</p> <p> <b>LES MILLS RPM</b> 7:00PM - 7:50PM Cycling (GR)</p> <p> <b>barre</b> 7:00PM - 7:30PM Yoga/Pilates (GR)</p> <p> <b>LES MILLS BODYCOMBAT</b> 7:00PM - 7:30PM Group X (GR)</p> <p> <b>LES MILLS BODYPUMP</b> 7:30PM - 8:00PM Group X (GR)</p> <p> <b>LES MILLS RPM</b> 8:00PM - 8:30PM Cycling (GR)</p> <p> <b>LES MILLS BODYBALANCE</b> 8:00PM - 8:45PM Yoga/Pilates (GR)</p> <p> <b>LES MILLS BODYATTACK</b> 8:15PM - 8:45PM Group X (GR)</p>		<p> <b>barre</b> 4:00PM - 4:30PM Yoga/Pilates (GR)</p> <p> <b>sprint</b> 4:00PM - 4:30PM Cycling (GR)</p>

## 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 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  
6/2/24

Group Fitness  
Yoga/Pilates/Barre Studio