Beacon Health & Fitness - Elkhart Virtual Master Schedule

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Monday LesMills O 5:30AM - 6:30AM Group X (ELK) LesMills 5:30AM - 6:15AM Yoga/Pilates (ELK) LesMills **D RPM** 6:15AM - 6:45AM Cycling (ELK) Group X (ELK) LesMills **E** RPM 7:00AM - 7:30AM Cycling (ELK) LesMills $\mathbf{\Theta}$ **O GRIT** ATHLETIC 7.00AM - 7.30AM Group X (ELK) Yoga/Pilates (ELK) LesMills **E** RPM (\mathbf{b}) 7:30AM - 8:00AM Cycling (ELK) Cycling (ELK) 8:00AM - 8:45AM Group X (ELK) Group X (ELK) LesMills Θ Θ 8:00AM - 9:00AM 8:00AM - 8:45AM

Yoga/Pilates (ELK) LesMills O BODYBALANCE

9:00AM - 9:45AM Yoga/Pilates (ELK)

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LesMills **E RPM** 10:00AM - 10:50AM

Cycling (ELK) LesMills

D RPM 11:00AM - 11:30AM Cycling (ELK)

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> RPM 6:30AM - 7:00AM Cycling (ELK)

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7:00AM - 7:30AM Cycling (ELK)

BODYBALANCE 7.00AM - 7.45AM

> LesMills RPM 7:30AM - 8:00AM

GRIT STRENGTH 8:00AM - 8:30AM

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9:00AM - 9:30AM

Yoga/Pilates (ELK)

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8:00AM - 8:45AM Yoga/Pilates (ELK)

9:00AM - 9:45AM Yoga/Pilates (ELK) LesMills

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10:00AM - 11:00AM

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11:00AM - 11:30AM

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7:30AM - 8:00AM

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Cycling (ELK) LesMills

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8:00AM - 8:45AM Group X (ELK)

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Saturday

7:00AM - 7:45AM Group X (ELK)

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Group X (ELK) LesMills Θ BODYBALANCE 10:00AM - 10:30AM

Yoga/Pilates (ELK)

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7:15AM - 7:45AM Cycling (ELK) LesMills

8:00AM - 8:30AM Cycling (ELK)

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8:00AM - 8:30AM Group X (ELK)

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8:00AM - 8:45AM Yoga/Pilates (ELK)

LesMills **BODYPUMP** 9:00AM - 9:45AM

Group X (ELK)

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Cycling (ELK) LesMills

4:00PM - 4:45PM Yoga/Pilates (ELK)

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

7:00PM - 7:30PM Cycling (ELK)



7:30PM - 8:30PM Group X (ELK)

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Yoga/Pilates (ELK)

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Cycling (ELK)



4:30PM - 5:15PM Group X (ELK)

Wednesday

12:00PM - 12:30PM Cycling (ELK)



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2:00PM - 2:30PM

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Group X (ELK)

2:00PM - 2:30PM Cycling (ELK)

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4:00PM - 4:45PM Yoga/Pilates (ELK)



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Yoga/Pilates (ELK)

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Friday

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Group X (ELK) LesMills 2:00PM - 2:45PM Yoga/Pilates (ELK)

3:00PM - 3:45PM Group X (ELK)

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Yoga/Pilates (ELK)

5:00PM - 5:45PM Yoga/Pilates (ELK)

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Cycling (ELK)

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Monday

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Tuesday

5:00PM - 5:50PM Cycling (ELK)

6:00PM - 6:30PM



6:30PM - 7:15PM Group X (ELK)

7:00PM - 7:30PM Cycling (ELK)





7:45PM - 8:30PM Yoga/Pilates (ELK)



Wednesday

7:30PM - 8:15PM

7:45PM - 8:30PM

Yoga/Pilates (ELK)

Group X (ELK)



Group X (ELK)

7:45PM - 8:30PM Yoga/Pilates (ELK) Correction Correction Correction (ELK)

Friday

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

Correction A strength 7:30PM - 8:00PM Group X (ELK)

C ESMILLS BODYBALANCE 7:45PM - 8:30PM Yoga/Pilates (ELK) Sunday

Saturday

Beacon Health & Fitness - Elkhart Virtual Master Schedule



Obarre

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

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.

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

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

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.

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

GRIT ATHLETIC

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.



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



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

Beacon Health & Fitness - Elkhart Group Exercise Timetable