




Beacon Health & Fitness - Elkhart Virtual Master Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Group X (ELK)</p>	<p>LES MILLS BODYPUMP 6:15AM - 7:00AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 5:30AM - 6:15AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYPUMP 6:15AM - 7:00AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 5:30AM - 6:15AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYPUMP 7:00AM - 7:45AM Group X (ELK)</p>	<p>LES MILLS BODYPUMP 7:00AM - 8:00AM Group X (ELK)</p>
<p>LES MILLS BODYBALANCE 5:30AM - 6:15AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 6:30AM - 7:00AM Cycling (ELK)</p>	<p>LES MILLS RPM 6:15AM - 6:45AM Cycling (ELK)</p>	<p>LES MILLS RPM 6:30AM - 7:00AM Cycling (ELK)</p>	<p>LES MILLS RPM 6:15AM - 6:45AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:15AM - 7:45AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:15AM - 7:45AM Cycling (ELK)</p>
<p>LES MILLS RPM 6:15AM - 6:45AM Cycling (ELK)</p>	<p>LES MILLS SH'BAM 7:00AM - 7:45AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 6:30AM - 7:00AM Yoga/Pilates (ELK)</p>	<p>LES MILLS SH'BAM 7:00AM - 7:45AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 6:30AM - 7:00AM Yoga/Pilates (ELK)</p>	<p>LES MILLS GRIT STRENGTH 7:45AM - 8:15AM Group X (ELK)</p>	<p>LES MILLS RPM 8:00AM - 8:30AM Cycling (ELK)</p>
<p>LES MILLS RPM 7:00AM - 7:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:00AM - 7:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:00AM - 7:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:00AM - 7:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:00AM - 7:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 8:00AM - 8:30AM Cycling (ELK)</p>	<p>LES MILLS GRIT CARDIO 8:00AM - 8:30AM Group X (ELK)</p>
<p>LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 7:00AM - 7:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS GRIT STRENGTH 7:00AM - 7:30AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 7:00AM - 7:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM Group X (ELK)</p>	<p>LES MILLS BODYPUMP 8:15AM - 9:00AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 8:00AM - 8:45AM Yoga/Pilates (ELK)</p>
<p>LES MILLS RPM 7:30AM - 8:00AM Cycling (ELK)</p>	<p>LES MILLS RPM 7:30AM - 8:00AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 7:00AM - 7:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 8:00AM - 8:30AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 7:00AM - 7:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYBALANCE 10:00AM - 10:30AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYPUMP 9:00AM - 9:45AM Group X (ELK)</p>
<p>LES MILLS BODYPUMP 8:00AM - 8:45AM Group X (ELK)</p>	<p>LES MILLS GRIT STRENGTH 8:00AM - 8:30AM Group X (ELK)</p>	<p>LES MILLS RPM 7:30AM - 8:00AM Cycling (ELK)</p>	<p>LES MILLS GRIT ATHLETIC 8:00AM - 8:30AM Group X (ELK)</p>	<p>LES MILLS BODYPUMP 8:00AM - 8:45AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 10:30AM - 11:00AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 9:00AM - 9:30AM Cycling (ELK)</p>
<p>LES MILLS BODYBALANCE 8:00AM - 9:00AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYBALANCE 8:00AM - 8:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYPUMP 8:00AM - 8:45AM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 8:00AM - 8:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYBALANCE 8:00AM - 8:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 11:00AM - 11:30AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (ELK)</p>
<p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 8:00AM - 8:50AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 8:00AM - 8:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 9:00AM - 9:30AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS SH'BAM 10:00AM - 10:45AM Group X (ELK)</p>
<p>LES MILLS RPM 10:00AM - 10:50AM Cycling (ELK)</p>	<p>LES MILLS RPM 9:00AM - 9:30AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS BODYPUMP 10:30AM - 11:00AM Cycling (ELK)</p>	<p>LES MILLS BODYPUMP 12:00PM - 12:45PM Group X (ELK)</p>	<p>LES MILLS BODYBALANCE 10:00AM - 11:00AM Yoga/Pilates (ELK)</p>
<p>LES MILLS RPM 11:00AM - 11:30AM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 9:00AM - 9:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 10:00AM - 10:50AM Cycling (ELK)</p>	<p>LES MILLS RPM 10:00AM - 10:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 11:00AM - 11:30AM Cycling (ELK)</p>	<p>LES MILLS RPM 12:00PM - 12:30PM Cycling (ELK)</p>	<p>LES MILLS GRIT ATHLETIC 11:00AM - 11:30AM Group X (ELK)</p>
<p>LES MILLS BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 9:30AM - 10:00AM Cycling (ELK)</p>	<p>LES MILLS BODYPUMP 10:00AM - 11:00AM Group X (ELK)</p>	<p>LES MILLS RPM 11:00AM - 11:50AM Cycling (ELK)</p>	<p>LES MILLS RPM 12:00PM - 12:30PM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 12:00PM - 12:45PM Yoga/Pilates (ELK)</p>	<p>LES MILLS RPM 11:00AM - 11:30AM Cycling (ELK)</p>
<p>LES MILLS RPM 12:00PM - 12:30PM Cycling (ELK)</p>	<p>LES MILLS RPM 10:00AM - 10:50AM Cycling (ELK)</p>	<p>LES MILLS RPM 11:00AM - 11:30AM Cycling (ELK)</p>	<p>LES MILLS SH'BAM 11:00AM - 11:45AM Group X (ELK)</p>	<p>LES MILLS RPM 1:00PM - 1:30PM Cycling (ELK)</p>	<p>LES MILLS RPM 1:00PM - 1:30PM Cycling (ELK)</p>	<p>LES MILLS BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (ELK)</p>

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYBALANCE 7:45PM - 8:30PM Yoga/Pilates (ELK)</p>	<p> LES MILLS RPM 5:00PM - 5:50PM Cycling (ELK)</p> <p> LES MILLS RPM 6:00PM - 6:30PM Cycling (ELK)</p> <p> LES MILLS BODYPUMP 6:30PM - 7:15PM Group X (ELK)</p> <p> LES MILLS RPM 7:00PM - 7:30PM Cycling (ELK)</p> <p> LES MILLS GRIT ATHLETIC 7:30PM - 8:00PM Group X (ELK)</p> <p> LES MILLS BODYBALANCE 7:45PM - 8:30PM Yoga/Pilates (ELK)</p>	<p> LES MILLS SH'BAM 7:30PM - 8:15PM Group X (ELK)</p> <p> LES MILLS BODYBALANCE 7:45PM - 8:30PM Yoga/Pilates (ELK)</p>	<p> LES MILLS GRIT CARDIO 7:30PM - 8:00PM Group X (ELK)</p> <p> LES MILLS BODYBALANCE 7:45PM - 8:30PM Yoga/Pilates (ELK)</p>	<p> LES MILLS RPM 7:00PM - 7:30PM Cycling (ELK)</p> <p> LES MILLS BODYBALANCE 7:00PM - 7:45PM Yoga/Pilates (ELK)</p> <p> LES MILLS GRIT STRENGTH 7:30PM - 8:00PM Group X (ELK)</p> <p> LES MILLS BODYBALANCE 7:45PM - 8:30PM Yoga/Pilates (ELK)</p>		

Beacon Health & Fitness - Elkhart Virtual Master Schedule

Group X
(ELK)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:30AM - 6:30AM	LES MILLS BODYPUMP 6:15AM - 7:00AM	LES MILLS GRIT STRENGTH 7:00AM - 7:30AM	LES MILLS BODYPUMP 6:15AM - 7:00AM	LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM	LES MILLS BODYPUMP 7:00AM - 7:45AM	LES MILLS BODYPUMP 7:00AM - 8:00AM
LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM	LES MILLS SH'BAM 7:00AM - 7:45AM	LES MILLS BODYPUMP 8:00AM - 8:45AM	LES MILLS SH'BAM 7:00AM - 7:45AM	LES MILLS BODYPUMP 8:00AM - 8:45AM	LES MILLS GRIT STRENGTH 7:45AM - 8:15AM	LES MILLS GRIT CARDIO 8:00AM - 8:30AM
LES MILLS BODYPUMP 8:00AM - 8:45AM	LES MILLS GRIT STRENGTH 8:00AM - 8:30AM	LES MILLS BODYPUMP 10:00AM - 11:00AM	LES MILLS GRIT ATHLETIC 8:00AM - 8:30AM	LES MILLS BODYPUMP 1:00PM - 1:45PM	LES MILLS BODYPUMP 8:15AM - 9:00AM	LES MILLS BODYPUMP 9:00AM - 9:45AM
LES MILLS CORE 12:00PM - 12:30PM	LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS CORE 12:00PM - 12:30PM	LES MILLS SH'BAM 11:00AM - 11:45AM	LES MILLS GRIT CARDIO 2:00PM - 2:30PM	LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS SH'BAM 10:00AM - 10:45AM
LES MILLS BODYPUMP 1:00PM - 1:45PM	LES MILLS BODYPUMP 2:00PM - 2:45PM	LES MILLS BODYPUMP 1:00PM - 1:45PM	LES MILLS BODYPUMP 12:00PM - 1:00PM	LES MILLS BODYPUMP 3:00PM - 3:45PM	LES MILLS GRIT ATHLETIC 1:00PM - 1:30PM	LES MILLS GRIT ATHLETIC 11:00AM - 11:30AM
LES MILLS GRIT CARDIO 2:00PM - 2:30PM	LES MILLS SH'BAM 3:00PM - 3:45PM	LES MILLS GRIT CARDIO 2:00PM - 2:30PM	LES MILLS BODYPUMP 2:00PM - 2:45PM	LES MILLS SH'BAM 4:00PM - 4:45PM	LES MILLS BODYPUMP 2:00PM - 2:45PM	LES MILLS BODYPUMP 12:00PM - 12:45PM
LES MILLS BODYPUMP 3:00PM - 3:45PM	LES MILLS BODYPUMP 4:30PM - 5:15PM	LES MILLS BODYPUMP 3:00PM - 3:45PM	LES MILLS SH'BAM 3:00PM - 3:45PM	LES MILLS SH'BAM 6:30PM - 7:15PM	LES MILLS GRIT ATHLETIC 3:00PM - 3:30PM	LES MILLS SH'BAM 1:00PM - 1:45PM
LES MILLS BODYPUMP 7:30PM - 8:30PM	LES MILLS BODYPUMP 6:30PM - 7:15PM	LES MILLS SH'BAM 7:30PM - 8:15PM	LES MILLS BODYPUMP 4:00PM - 4:45PM	LES MILLS GRIT STRENGTH 7:30PM - 8:00PM	LES MILLS GRIT STRENGTH 4:00PM - 4:30PM	LES MILLS BODYPUMP 2:00PM - 2:45PM
	LES MILLS GRIT ATHLETIC 7:30PM - 8:00PM		LES MILLS BODYPUMP 6:30PM - 7:15PM			LES MILLS GRIT CARDIO 3:00PM - 3:30PM
			LES MILLS GRIT CARDIO 7:30PM - 8:00PM			LES MILLS GRIT CARDIO 4:00PM - 4:30PM

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.

LESMILLS BODYBALANCE

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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LESMILLS BODYBALANCE

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 BODYBALANCE

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

LESMILLS BODYPUMP

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.

LESMILLS CORE

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

LESMILLS GRIT | ATHLETIC

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

LESMILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS GRIT | STRENGTH

High-intensity interval training designed to improve strength and build lean muscle.

LESMILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LESMILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LESMILLS RPM INTRODUCTION

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

LESMILLS SH'BAM

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

Beacon Health & Fitness - Elkhart Group Exercise Timetable