### Beacon Health & Fitness - Elkhart Virtual Master Schedule

Tuesdav

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)

O

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

Cycling (ELK) LesMills

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

LesMills Θ BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (ELK)

LesMills Θ RPM 12:00PM - 12:30PM Cycling (ELK)

LesMills BODYPUMP 6:15AM - 7:00AM Group X (ELK) LesMills

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

LesMills 7.00AM - 7.45AM

> LesMills RPM

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

BODYBALANCE 7.00AM - 7.45AM

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

**GRIT** STRENGTH 8:00AM - 8:30AM

LesMills Yoga/Pilates (ELK)

LesMills D RPM 8:00AM - 8:50AM

LesMills

Cvclina (ELK)

Cycling (ELK)

D

 $\bigcirc$ 

9:00AM - 9:30AM

Yoga/Pilates (ELK)

LesMills

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

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

RPM

10:00AM - 11:00AM

LesMills

RPM

11:00AM - 11:30AM

Cycling (ELK)

Group X (ELK)

D

BODYPUMP

LesMills D 9.00AM - 9.45AM

10.00AM - 10.20AM Cycling (ELK) LesMills D

RPM 9:30AM - 10:00AM Cycling (ELK)

LesMills D RPM 10:00AM - 10:50AM Cycling (ELK)

Wednesdav LesMills Θ 5:30AM - 6:15AM Yoga/Pilates (ELK) LesMills O RPM 6:15AM - 6:45AM

Cycling (ELK) LesMills 6:30AM - 7:00AM Yoga/Pilates (ELK) LesMills O RPM 7:00AM - 7:30AM Cycling (ELK)

### **O** GRIT STRENGTH 7.00AM - 7.30AM

BODYBALANCE

LesMills

Group X (ELK)

7:00AM - 7:45AM

Yoga/Pilates (ELK)

7:30AM - 8:00AM

8:00AM - 8:45AM

Group X (ELK)

LesMills

LesMills

LesMills

BODYPUMP

BODYBALANCE

LesMills

Cvclina (ELK)

O

D

O

7.00AM - 7.45AM Yoga/Pilates (ELK) LesMills

Ю RPM 8:00AM - 8:30AM Cycling (ELK)

**GRIT** | ATHLETIC

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

LesMills  $oldsymbol{\Theta}$ BODYBALANCE

Thursday

LesMills

LesMills

LesMills

LesMills

LesMills

BODYBALANCE

6:15AM - 7:00AM

RPM

6:30AM - 7:00AM

7:00AM - 7:45AM

RPM

7:00AM - 7:30AM

Cycling (ELK)

Group X (ELK)

Cycling (ELK)

Group X (ELK)

BODYPUMP

O

 $oldsymbol{\Theta}$ 

O

igodol b

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

LesMills O RPM 9:00AM - 9:30AM Cyclina (ELK)

#### LesMills $oldsymbol{\Theta}$ BODYBALANCE

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

LesMills O RPM 10.00AM - 10.30AM Cycling (ELK)

LesMills  $oldsymbol{\Theta}$ RPM 11:00AM - 11:50AM Cycling (ELK)

### LesMills D SH'BAM

11:00AM - 11:45AM Group X (ELK)

LesMills O BODYBALANCE 5:30AM - 6:15AM

Friday

Yoga/Pilates (ELK) LesMills 🖸 RPM 6:15AM - 6:45AM

Cycling (ELK) LesMills

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

LesMills O RPM 7:00AM - 7:30AM Cycling (ELK)

**O GRIT** ATHLETIC 7:00AM - 7:30AM Group X (ELK)

LesMills **BODYBALANCE** 7:00AM - 7:45AM Yoga/Pilates (ELK)

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

BODYBALANCE

LesMills BODYBALANCE

LesMills 

Cycling (ELK)

11.00AM - 11.30AM Cycling (ELK)

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

LesMills 🕑 RPM 1:00PM - 1:30PM Cycling (ELK)

LesMills 

Saturday

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

LesMills 7:15AM - 7:45AM

Cycling (ELK) OGRIT STRENGTH

7:45AM - 8:15AM Group X (ELK)

> LesMills  $oldsymbol{\Theta}$ RPM 8:00AM - 8:30AM Cycling (ELK)

LesMills 8:15AM - 9:00AM

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

Yoga/Pilates (ELK)

LesMills 10:30AM - 11:00AM Yoga/Pilates (ELK)

LesMills 11:00AM - 11:30AM Cycling (ELK)

LesMills O BODYBALANCE 11:00AM - 11:45AM

Yoga/Pilates (ELK) LesMills

12:00PM - 12:45PM Group X (ELK)

LesMills O RPM 12.00PM - 12.30PM Cycling (ELK)

LesMills  $oldsymbol{\Theta}$ BODYBALANCE 12:00PM - 12:45PM Yoga/Pilates (ELK)

LesMills O RPM 1:00PM - 1:30PM Cycling (ELK)

Sunday LesMills

**BODYPUMP** 7:00AM - 8:00AM Group X (ELK)

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

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

CARDIO

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

LesMills O BODYBALANCE

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

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

Group X (ELK) 

9:00AM - 9:30AM Cvclina (ELK)

LesMills 9:00AM - 9:45AM

Yoga/Pilates (ELK) 

10:00AM - 10:45AM Group X (ELK)

10:00AM - 11:00AM Yoga/Pilates (ELK)

**OGRIT** ATHLETIC

11.00AM - 11.30AM Group X (ELK)

€ RPM LesMills 11:00AM - 11:30AM Cycling (ELK)

LesMills D 11:00AM - 11:45AM Yoga/Pilates (ELK)

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

Θ 9:00AM - 9:45AM

Yoga/Pilates (ELK)

10:30AM - 11:00AM

LesMills 🕑 RPM



LesMills OCORE 12:00PM - 12:30PM Group X (ELK)

LesMills **E RPM** 1:00PM - 1:30PM Cycling (ELK)

1:00PM - 1:45PM

Group X (ELK) LesMills

**E RPM** 2:00PM - 2:30PM Cycling (ELK)

CARDIO

2:00PM - 2:30PM Group X (ELK)

LesMills  $oldsymbol{\Theta}$ BODYBALANCE 2:00PM - 2:45PM Yoga/Pilates (ELK)

LesMills Ŀ BODYPUMP 3:00PM - 3:45PM

Group X (ELK)

LesMills 3:00PM - 3:30PM Cycling (ELK)

LesMills Θ BODYBALANCE

3:00PM - 3:45PM Yoga/Pilates (ELK)

LesMills 4:00PM - 4:30PM

Cycling (ELK) LesMills 

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

# **O**barre

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

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



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

Tuesday LesMills  $oldsymbol{\Theta}$ RPM

11:00AM - 11:50AM Cycling (ELK) LesMills

O RPM 12:00PM - 12:50PM Cycling (ELK)

LesMills  $oldsymbol{\Theta}$ BODYPUMP 12:00PM - 12:45PM

Group X (ELK) LesMills

Θ BODYBALANCE 12:15PM - 1:00PM Yoga/Pilates (ELK)

 $\odot$ 

 $oldsymbol{\Theta}$ 

O

Θ

LesMills RPM 1:00PM - 1:50PM Cycling (ELK)

LesMills RPM 2:00PM - 2:30PM 2:00PM - 2:30PM Cycling (ELK) Group X (ELK)

LesMills BODYPUMP 2:00PM - 2:45PM Group X (ELK)

LesMills Θ

2:15PM - 3:00PM Yoga/Pilates (ELK)



LesMills 3:00PM - 3:45PM

Yoga/Pilates (ELK) LesMills  $oldsymbol{\Theta}$ 

RPM

3:00PM - 3:30PM

4:00PM - 4:45PM

Yoga/Pilates (ELK)

Cycling (ELK)





Cycling (ELK)



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

Wednesday 

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



LesMills **€ R**PM 1:00PM - 1:30PM Cvclina (ELK)

### LesMills **BODYPUMP** 1:00PM - 1:45PM

2:00PM - 2:30PM

Cycling (ELK)

D

Θ

Θ

Group X (ELK) 

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

LesMills

Cycling (ELK)

1:00PM - 1:30PM

2:00PM - 2:45PM

Group X (ELK)

LesMills

**BODYPUMP** 

LesMills

#### LesMills $oldsymbol{\Theta}$ BODYBALANCE

2:15PM - 3:00PM Yoga/Pilates (ELK) LesMills

SH'BAM

LesMills

LesMills

LesMills

LesMills

LesMills

LesMills

BODYPUMP

BODYPUMP

BODYBALANCE

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

CARDIO

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

Cycling (ELK)

3:00PM - 3:45PM

Yoga/Pilates (ELK)

RPM

4:00PM - 4:30PM

4:00PM - 4:45PM

4:00PM - 4:45PM

6:30PM - 7:15PM

RPM

7:00PM - 7:30PM

Cycling (ELK)

Group X (ELK)

Group X (ELK)

Yoga/Pilates (ELK)

Cycling (ELK)

D

O

O

 $oldsymbol{\Theta}$ 

Θ

O

 $oldsymbol{\Theta}$ 

### 3:00PM - 3:30PM

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

### RPM 3:00PM - 3:30PM

Cvclina (ELK) LesMills BODYBAL

### 3:00PM - 3:45PM Yoga/Pilates (ELK) LesMills

4:00PM - 4:30PM Cycling (ELK)

### LesMills O

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



Cycling (ELK)



Yoga/Pilates (ELK)

Thursday



Group X (ELK) LesMills D

BODYBALANCE 12:30PM - 1:15PM Yoga/Pilates (ELK)

Cycling (ELK) **O GRIT** CARDIO 2:00PM - 2:30PM

Friday

LesMills

LesMills

1:00PM - 1:45PM

Group X (ELK)

**R**PM

2:00PM - 2:30PM

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

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

LesMills 3:00PM - 3:30PM Cycling (ELK)

LesMills C BODYBALANCE 3:00PM - 3:45PM Yoga/Pilates (ELK)

4:00PM - 4:45PM Group X (ELK)

LesMills **E** RPM 4:00PM - 4:30PM Cvclina (ELK)

LesMills  $oldsymbol{eta}$ BODYBALANCE 4:00PM - 4:45PM

Yoga/Pilates (ELK) 

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

LesMills **E RPM** 6:00PM - 6:30PM

Cycling (ELK)

## 

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

6:30PM - 7:15PM

LesMills

**€ RPM** 4:00PM - 4:30PM Cycling (ELK)



**OGRIT** ATHLETIC

Θ

1:00PM - 1:30PM

1:00PM - 1:45PM

Yoga/Pilates (ELK)

2:00PM - 2:45PM

2:00PM - 2:30PM

2:00PM - 2:45PM

Yoga/Pilates (ELK)

3:00PM - 3:30PM

RPM

3:00PM - 3:30PM

3:00PM - 3:45PM

4:00PM - 4:30PM

LesMills

Group X (ELK)

Yoga/Pilates (ELK)

Cycling (ELK)

LesMills

LesMills

BODYBALANCE

Group X (ELK)

O

 $oldsymbol{\Theta}$ 

Group X (ELK)

**E RPM** 

Cycling (ELK)

LesMills

LesMills

LesMills

BODYBALANCE

Group X (ELK)

Saturday

Sunday

LesMills

LesMills

12:00PM - 12:45PM

12:00PM - 12:30PM

12:00PM - 12:45PM

Yoga/Pilates (ELK)

🕑 SH'BAM

1:00PM - 1:45PM

1:00PM - 1:30PM

1:00PM - 1:45PM

Yoga/Pilates (ELK)

2:00PM - 2:45PM

2:00PM - 2:30PM

2:00PM - 2:45PM

3:00PM - 3:30PM

3:00PM - 3:30PM

3:00PM - 3:45PM

Yoga/Pilates (ELK)

LesMills

Cycling (ELK)

4:00PM - 4:30PM

**O GRIT** 

4:00PM - 4:30PM

Group X (ELK)

LesMills

LesMills

LesMills 

Group X (ELK)

**O** RPM

Cycling (ELK)

Yoga/Pilates (ELK)

LesMills

**BODYBALANCE** 

CARDIO

CARDIO

Cycling (ELK)

Group X (ELK)

D

LesMills

BODYPUMP

Cycling (ELK) LesMills

ATHLETIC

STRENGTH

Group X (ELK)

LesMills

Group X (ELK)

🕑 RPM

Cycling (ELK)

Monday

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

# 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



# **O**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.

### 

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