

Beacon Health & Fitness - Granger 7/7/25 LesMills Virtual

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 5:15AM - 5:45AM Group X (GR)</p> <p> LES MILLS BODYBALANCE EXPRESS FLEXIBILITY 5:30AM - 5:45AM Yoga/Pilates (GR)</p> <p> LES MILLS sprint 6:15AM - 6:45AM Cycling (GR)</p> <p> LES MILLS RPM 7:00AM - 7:30AM Cycling (GR)</p> <p> LES MILLS GRIT ATHLETIC 7:00AM - 7:30AM Group X (GR)</p> <p> LES MILLS BODYBALANCE FLEXIBILITY 7:15AM - 7:45AM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 8:00AM - 8:30AM Cycling (GR)</p> <p> LES MILLS BODYPUMP 8:00AM - 8:30AM Group X (GR)</p> <p> LES MILLS RPM 9:00AM - 9:50AM Cycling (GR)</p> <p> LES MILLS RPM 10:00AM - 10:30AM Cycling (GR)</p> <p> LES MILLS RPM 11:00AM - 11:50AM Cycling (GR)</p> <p> LES MILLS BODYBALANCE 12:00PM - 12:45PM Yoga/Pilates (GR)</p> <p> LES MILLS BODYBALANCE 1:00PM - 1:20PM Yoga/Pilates (GR)</p>	<p> LES MILLS RPM 5:15AM - 6:05AM Cycling (GR)</p> <p> LES MILLS BODYBALANCE 5:30AM - 6:30AM Yoga/Pilates (GR)</p> <p> LES MILLS sprint 6:15AM - 6:45AM Cycling (GR)</p> <p> LES MILLS BODYPUMP 7:00AM - 7:30AM Group X (GR)</p> <p> LES MILLS RPM 7:00AM - 7:30AM Cycling (GR)</p> <p> LES MILLS RPM 8:00AM - 8:30AM Cycling (GR)</p> <p> LES MILLS RPM 10:00AM - 10:30AM Cycling (GR)</p> <p> LES MILLS RPM 11:00AM - 11:30AM Cycling (GR)</p> <p> LES MILLS BODYBALANCE FLEXIBILITY 11:00AM - 11:30AM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 12:00PM - 12:50PM Cycling (GR)</p> <p> LES MILLS RPM 1:00PM - 1:50PM Cycling (GR)</p> <p> LES MILLS RPM 2:00PM - 2:50PM Cycling (GR)</p> <p> LES MILLS BODYCOMBAT 2:00PM - 2:45PM Group X (GR)</p>	<p> LES MILLS BODYATTACK 5:15AM - 5:45AM Group X (GR)</p> <p> LES MILLS BODYBALANCE EXPRESS FLEXIBILITY 5:30AM - 5:45AM Yoga/Pilates (GR)</p> <p> LES MILLS BODYBALANCE 6:00AM - 6:45AM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 7:00AM - 7:30AM Cycling (GR)</p> <p> LES MILLS BODYCOMBAT 7:00AM - 7:30AM Group X (GR)</p> <p> LES MILLS GRIT CARDIO 7:30AM - 8:00AM Group X (GR)</p> <p> LES MILLS BODYBALANCE 7:30AM - 7:50AM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 8:00AM - 8:30AM Cycling (GR)</p> <p> LES MILLS BODYATTACK 8:15AM - 8:45AM Group X (GR)</p> <p> LES MILLS RPM 9:00AM - 9:50AM Cycling (GR)</p> <p> LES MILLS RPM 10:00AM - 10:30AM Cycling (GR)</p> <p> LES MILLS RPM 11:00AM - 11:50AM Cycling (GR)</p> <p> LES MILLS BODYBALANCE 1:00PM - 1:20PM Yoga/Pilates (GR)</p>	<p> LES MILLS CORE 5:15AM - 5:45AM Group X (GR)</p> <p> LES MILLS BODYBALANCE 5:30AM - 6:15AM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 7:00AM - 7:30AM Cycling (GR)</p> <p> LES MILLS BODYATTACK 7:00AM - 7:30AM Group X (GR)</p> <p> LES MILLS RPM 8:00AM - 8:30AM Cycling (GR)</p> <p> LES MILLS RPM 10:00AM - 10:30AM Cycling (GR)</p> <p> LES MILLS RPM 11:00AM - 11:30AM Cycling (GR)</p> <p> LES MILLS GRIT CARDIO 1:00PM - 1:30PM Group X (GR)</p> <p> LES MILLS BODYBALANCE 1:15PM - 1:45PM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 2:00PM - 2:50PM Cycling (GR)</p> <p> LES MILLS BODYCOMBAT 2:00PM - 2:45PM Group X (GR)</p>	<p> LES MILLS BODYBALANCE 5:15AM - 5:35AM Yoga/Pilates (GR)</p> <p> LES MILLS RPM 5:30AM - 6:00AM Cycling (GR)</p> <p> LES MILLS BODYBALANCE 6:00AM - 6:45AM Yoga/Pilates (GR)</p> <p> LES MILLS sprint 6:15AM - 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10:45AM Yoga/Pilates (GR)</p> <p> LES MILLS DANCE 10:00AM - 10:45AM Group X (GR)</p> <p> LES MILLS BODYBALANCE 11:00AM - 11:45AM Yoga/Pilates (GR)</p> <p> LES MILLS BODYCOMBAT 11:00AM - 11:45AM Group X (GR)</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>LES MILLS DANCE</div> <div>1:00PM - 1:30PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS sprint</div> <div>1:30PM - 2:00PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>2:00PM - 2:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>2:00PM - 2:20PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS sprint</div> <div>11:00AM - 11:30AM</div> <div>Cycling (GR)</div>
<div>LES MILLS sprint</div> <div>1:30PM - 2:00PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:30PM - 4:00PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS RPM</div> <div>2:00PM - 2:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:30PM - 4:00PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYCOMBAT</div> <div>2:00PM - 2:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>11:45AM - 12:35PM</div> <div>Cycling (GR)</div>
<div>LES MILLS RPM</div> <div>2:00PM - 2:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>4:00PM - 4:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>2:15PM - 3:00PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS RPM</div> <div>4:00PM - 4:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>2:15PM - 3:00PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:00PM - 3:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS GRIT</div> <div>12:00PM - 12:30PM</div> <div>Group X (GR)</div>
<div>LES MILLS BODYBALANCE</div> <div>2:15PM - 3:00PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYCOMBAT</div> <div>4:15PM - 5:15PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYPUMP</div> <div>3:00PM - 3:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>4:00PM - 4:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS GRIT</div> <div>3:00PM - 3:30PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYCOMBAT</div> <div>3:00PM - 3:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>12:00PM - 12:45PM</div> <div>Yoga/Pilates (GR)</div>
<div>LES MILLS BODYPUMP</div> <div>3:00PM - 3:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>6:30PM - 7:00PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS DANCE</div> <div>4:15PM - 5:00PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>4:00PM - 4:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS GRIT</div> <div>1:00PM - 1:30PM</div> <div>Group X (GR)</div>
<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>7:00PM - 7:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:00PM - 3:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS RPM</div> <div>5:30PM - 6:20PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:00PM - 3:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>4:00PM - 4:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS RPM</div> <div>1:00PM - 1:50PM</div> <div>Cycling (GR)</div>
<div>LES MILLS BODYBALANCE</div> <div>3:15PM - 3:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS RPM</div> <div>7:15PM - 7:45PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>4:00PM - 4:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>6:30PM - 7:00PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>4:00PM - 4:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS DANCE</div> <div>4:00PM - 4:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>1:00PM - 1:45PM</div> <div>Yoga/Pilates (GR)</div>
<div>LES MILLS RPM</div> <div>7:00PM - 7:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS GRIT</div> <div>7:30PM - 8:00PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>7:00PM - 7:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>7:00PM - 7:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS DANCE</div> <div>4:00PM - 4:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>2:00PM - 2:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>2:00PM - 2:50PM</div> <div>Cycling (GR)</div>
<div>LES MILLS GRIT</div> <div>7:00PM - 7:30PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>8:00PM - 8:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>7:00PM - 7:30PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS RPM</div> <div>7:15PM - 7:45PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>4:00PM - 4:30PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>2:00PM - 2:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>2:00PM - 2:45PM</div> <div>Yoga/Pilates (GR)</div>
<div>LES MILLS BODYBALANCE</div> <div>7:30PM - 7:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS CORE</div> <div>8:00PM - 8:30PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>8:00PM - 8:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYCOMBAT</div> <div>7:45PM - 8:15PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYPUMP</div> <div>5:00PM - 5:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYPUMP</div> <div>2:00PM - 2:50PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYATTACK</div> <div>2:00PM - 2:50PM</div> <div>Group X (GR)</div>
<div>LES MILLS sprint</div> <div>8:00PM - 8:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>8:00PM - 9:00PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS sprint</div> <div>8:00PM - 8:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>8:00PM - 8:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>5:00PM - 5:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>	<div>LES MILLS RPM</div> <div>3:00PM - 3:50PM</div> <div>Cycling (GR)</div>
<div>LES MILLS BODYPUMP</div> <div>8:15PM - 8:45PM</div> <div>Group X (GR)</div>		<div>LES MILLS BODYPUMP</div> <div>8:15PM - 8:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>8:00PM - 8:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>5:00PM - 5:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:00PM - 3:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYBALANCE</div> <div>3:00PM - 3:45PM</div> <div>Yoga/Pilates (GR)</div>
			<div>LES MILLS CORE</div> <div>8:15PM - 8:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS RPM</div> <div>6:00PM - 6:30PM</div> <div>Cycling (GR)</div>	<div>LES MILLS DANCE</div> <div>3:00PM - 3:45PM</div> <div>Group X (GR)</div>	<div>LES MILLS DANCE</div> <div>3:00PM - 3:45PM</div> <div>Group X (GR)</div>
				<div>LES MILLS BODYBALANCE</div> <div>6:00PM - 6:45PM</div> <div>Yoga/Pilates (GR)</div>	<div>LES MILLS BODYPUMP</div> <div>4:00PM - 4:30PM</div> <div>Group X (GR)</div>	<div>LES MILLS BODYPUMP</div> <div>4:00PM - 4:30PM</div> <div>Group X (GR)</div>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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6:00PM - 6:45PM
Group X (GR)



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



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



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



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



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



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



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



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



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

LES MILLS **BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

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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** | EXPRESS FLEXIBILITY

Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

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 **BODYBALANCE**

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

LES MILLS **BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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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 **DANCE**

A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.

LES MILLS **DANCE**

Feel the beat, work your body, lift your heart rate and boost endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.

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 **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
7/7/25

Group Fitness
Yoga/Pilates/Barre Studio