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

Yoga/Pilates (GR)

Group X (GR)

Yoga/Pilates (GR)

Wednesday Monday Tuesday Thursday Friday Saturday Sunday LesMills LesMills LesMills LesMills BODYBALANCE FLEXIBILITY **D** BODYPUMP **OCORE ENDLYBALANCE** 7:15AM - 7:45AM 5:15AM - 5:45AM 5:15AM - 6:05AM 5:15AM - 5:45AM 5:15AM - 5:45AM 5:15AM - 5:35AM 7:00AM - 7:45AM Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Group X (GR) Group X (GR) Yoga/Pilates (GR) O RPM O RPM LesMills LesMills BODYBALANCE EXPRESS FLEXIBILIT BODYBALANCE | EXPRESS FLEXIBILITY **BODYBALANCE BODYBALANCE** 5:30AM - 5:45AM 5:30AM - 6:30AM 5:30AM - 5:45AM 5:30AM - 6:15AM 5:30AM - 6:00AM 8:30AM - 9:00AM 7:15AM - 8:05AM Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) **D** LESMILLS BODYBALANCE O RPM **D** LESMILLS BODYBALANCE **O** BODYPUMP LesMills 7:00AM - 7:30AM 9:00AM - 9:50AM 8:00AM - 8:30AM 6:15AM - 6:45AM 6:15AM - 6:45AM 6:00AM - 6:45AM 6:00AM - 6:45AM Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Group X (GR) LESMILLS ROPE O RPM () Sprint O RPM LesMills **LESMILLS** ► LesMills **O RPM D** BODYBALANCE **BODYPUMP BODYATTACK** 7:00AM - 7:30AM 7:00AM - 7:30AM 7:00AM - 7:30AM 6:15AM - 6:45AM 10:00AM - 10:50AM 8:00AM - 8:45AM 7:00AM - 7:30AM Yoga/Pilates (GR) Cycling (GR) Group X (GR) Cycling (GR) Group X (GR) Cycling (GR) Cycling (GR) **O** BODYCOMBAT O RPM O RPM LesMills LesMills O RPM LesMills 0 **ATHLETIC** 7:00AM - 7:30AM 7:00AM - 7:30AM 7:00AM - 7:30AM 8:00AM - 8:30AM 7:00AM - 7:30AM 11:00AM - 11:30AM 8:15AM - 8:45AM Group X (GR) Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills **O** GRIT LesMills O RPM BODYBALANCE FLEXIBILITY l cardio ATHLETIC 7:15AM - 7:45AM 7:30AM - 8:00AM 7:00AM - 7:30AM 8:00AM - 8:30AM 10:00AM - 10:30AM 11:45AM - 12:35PM 9:00AM - 9:50AM Cycling (GR) Group X (GR) Group X (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) **O RPM** O RPM O RPM O RPM LPSMILLS **D** LESMILLS
BODYBALANCE **OCORE** 8:00AM - 8:30AM 11:00AM - 11:30AM 8:00AM - 8:30AM 12:00PM - 12:45PM 9:00AM - 9:45AM 10:00AM - 10:30AM 7:30AM - 7:50AM Group X (GR) Cycling (GR) Cyclina (GR) Yoga/Pilates (GR) Cyclina (GR) Cyclina (GR) Yoga/Pilates (GR) LesMills LesMills O RPM O RPM LesMills LesMills O GRIT | ATHLETIC **D** BODYBALANCE **O** BODYPUMP 8:00AM - 8:30AM 11:00AM - 11:30AM 8:00AM - 8:30AM 12:00PM - 12:50PM 9:00AM - 9:50AM 12:00PM - 12:45PM 9:15AM - 9:45AM Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) O RPM LesMills LesMills LesMills LesMills LesMills BODYBALANCE FLEXIBILITY **BODYATTACK** 9:00AM - 9:50AM 8:15AM - 8:45AM 1:00PM - 1:50PM 10:00AM - 10:30AM 1:00PM - 1:50PM 10:00AM - 10:50AM 11:00AM - 11:30AM Cyclina (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Cyclina (GR) Cyclina (GR) Cyclina (GR) **P** RPM O RPM O RPM OGRIT | CARDIO **P** RPM **D** LESMILLS BODYBALANCE **D** LESMILLS BODYBALANCE LesMills 10:00AM - 10:30AM 12:00PM - 12:50PM 9:00AM - 9:50AM 1:00PM - 1:30PM 11:00AM - 11:50AM 1:00PM - 1:45PM 10:00AM - 10:45AM Cycling (GR) Cycling (GR) Cycling (GR) Group X (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) **LESMILLS** O RPM **D** LESMILLS BODYBALANCE LesMills LesMills LesMills **D** BODYATTACK () RPM **D** BODYBALANCE DANCE **RPM** 11:00AM - 11:50AM 1:00PM - 1:50PM 10:00AM - 10:30AM 1:15PM - 1:45PM 12:00PM - 12:45PM 1:00PM - 1:30PM 10:00AM - 10:45AM Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Group X (GR) O RPM LesMills **D** BODYPUMP **O BODYBALANCE D** LESMILLS BODYBALANCE LesMills LesMills **BODYBALANCE** 12:00PM - 12:45PM 2:00PM - 2:50PM 11:00AM - 11:50AM 2:00PM - 2:50PM 1:00PM - 2:00PM 2:00PM - 2:45PM 11:00AM - 11:45AM Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) LesMills LesMills LesMills **D** BODYCOMBAT **D** BODYCOMBAT **BODYCOMBAT** 2:00PM - 2:45PM 2:00PM - 2:45PM 1:30PM - 2:00PM 2:00PM - 2:30PM 11:00AM - 11:45AM 1:00PM - 1:20PM 1:00PM - 1:20PM

Group X (GR)

Cycling (GR)

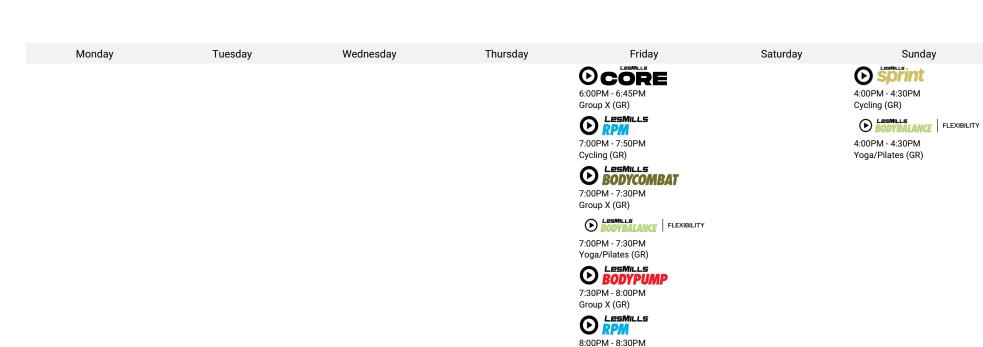
Cycling (GR)

Group X (GR)

Tuesday Wednesday Thursday Friday Saturday Sunday Monday O RPM LesMills LesMills () Sprint DANCE ( ) Sprint 1:30PM - 2:00PM 3:00PM - 3:50PM 2:00PM - 2:50PM 11:00AM - 11:30AM 1:00PM - 1:30PM 3:00PM - 3:50PM 2:00PM - 2:20PM Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) BODYBALANCE | FLEXIBILITY LesMills LesMills LesMills LesMills BODYBALANCE FLEXIBILITY (D) RPM **BODYCOMBAT** () RPM () RPM 3:30PM - 4:00PM 1:30PM - 2:00PM 3:30PM - 4:00PM 2:00PM - 2:50PM 2:00PM - 2:45PM 3:00PM - 3:50PM 11:45AM - 12:35PM Yoga/Pilates (GR) Group X (GR) Cycling (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) D LESMILLS O RPM **O** BODYBALANCE **D** LESMILLS BODYBALANCE LesMills LesMills OGRIT ATHLETIC **BODYBALANCE** RPM 12:00PM - 12:30PM 2:00PM - 2:50PM 4:00PM - 4:50PM 2:15PM - 3:00PM 4:00PM - 4:50PM 2:15PM - 3:00PM 3:00PM - 3:45PM Cycling (GR) Cyclina (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) LesMills LesMills LesMills LesMills OGRIT | STRENGTH LesMills LesMills **BODYCOMBAT D** BODYPUMP **D** RODYBALANCE **D** BODYBALANCE **D** BODYCOMBAT **BODYBALANCE** 2:15PM - 3:00PM 4:15PM - 5:15PM 3:00PM - 3:45PM 4:00PM - 4:45PM 3:00PM - 3:30PM 3:00PM - 3:45PM 12:00PM - 12:45PM Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Group X (GR) Group X (GR) Group X (GR) **O** BODYPUMP O RPM O RPM O RPM O RPM **GRIT** | CARDIO () DANCE 3:00PM - 3:45PM 3:00PM - 3:50PM 3:00PM - 3:50PM 4:00PM - 4:30PM 1:00PM - 1:30PM 6:30PM - 7:00PM 4·15PM - 5·00PM Group X (GR) Cycling (GR) Group X (GR) Cycling (GR) Cycling (GR) Cycling (GR) Group X (GR) LesMills **D** LESMILLS BODYBALANCE LesMills LesMills LesMills LesMills LesMills **○** RPM **BODYBALANCE ○** RPM **BODYBALANCE BODYBALANCE** 3:00PM - 3:50PM 7:00PM - 7:45PM 3:00PM - 3:45PM 5:30PM - 6:20PM 3:00PM - 3:45PM 4:00PM - 4:45PM 1:00PM - 1:50PM Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills BODYBALANCE | FLEXIBILITY () DANCE **BODYBALANCE** ' RPM RPM ' RPM 4:00PM - 4:45PM 3:15PM - 3:45PM 7:15PM - 7:45PM 4:00PM - 4:50PM 6:30PM - 7:00PM 4:00PM - 4:50PM 1:00PM - 1:45PM Cycling (GR) Cycling (GR) Group X (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) O RPM O RPM **D** LESMILLS BODYBALANCE O RPM OGRIT | CARDIO DANCE 7:00PM - 7:50PM 7:30PM - 8:00PM 7:00PM - 7:50PM 7:00PM - 7:45PM 4:00PM - 4:45PM 2:00PM - 2:50PM Group X (GR) Cycling (GR) Yoga/Pilates (GR) Group X (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills **○** RPM BODYBALANCE | FLEXIBILITY BODYBALANCE FLEXIBILITY **GRIT** | CARDIO (D) RPM **D** BODYBALANCE 7:00PM - 7:30PM 4:00PM - 4:30PM 7:00PM - 7:30PM 8:00PM - 8:30PM 7:15PM - 7:45PM 2:00PM - 2:45PM Group X (GR) Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) **O** BODYPUMP O BODYATTA LESMILLS LesMills **D** BODYCOMBAT BODYBALANCE | EXPRESS FLEXIBILITY **OCORE** BODYBAL 7:30PM - 7:45PM 8:00PM - 8:30PM 8:00PM - 8:45PM 7:45PM - 8:15PM 5:00PM - 5:45PM 2:00PM - 2:45PM Yoga/Pilates (GR) Group X (GR) Yoga/Pilates (GR) Group X (GR) Group X (GR) Group X (GR) **P** RPM O RPM LesMills LesMills (P) Sprint (P) Sprint **BODYBALANCE** 8:00PM - 9:00PM 8:00PM - 8:30PM 8:00PM - 8:30PM 5:00PM - 5:50PM 3:00PM - 3:50PM 8:00PM - 8:30PM Cycling (GR) Yoga/Pilates (GR) Cycling (GR) Cycling (GR) Cycling (GR) Cycling (GR) LesMills LesMills LesMills LesMills LesMills BODYBALANCE **O** BODYPUMP **D** BODYBALANCE **D** BODYPUMP **BODYBALANCE** 8:15PM - 8:45PM 8:15PM - 8:45PM 8:00PM - 8:45PM 5:00PM - 5:45PM 3:00PM - 3:45PM Yoga/Pilates (GR) Group X (GR) Group X (GR) Yoga/Pilates (GR) Yoga/Pilates (GR) LesMills DANCE **少CORE** 8:15PM - 8:45PM 6:00PM - 6:30PM 3:00PM - 3:45PM Group X (GR) Cycling (GR) Group X (GR) **D** LESMILLS BODYBALANCE **O** BODYPUMP 6:00PM - 6:45PM 4:00PM - 4:30PM

Yoga/Pilates (GR)

Group X (GR)



Cycling (GR)

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

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

# **BODYATTACK**

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



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



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.



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



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

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.



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

# **D** LESMILLS BODYCOMBAT

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

# **BODYCOMBAT**

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

# **O** BODYCOMBAT

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



The original barbell workout for anyone looking to get lean, toned and fit - fast.

# **D BODYPUMP**

The original barbell workout for anyone looking to get lean, toned and fit - fast

# **OCORE**

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

# O CORE

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

#### DANCE

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

#### 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.

### GRIT ATHLETIC

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

### OGRIT CARDIO

High-intensity interval training that improves cardiovascular fitness

### GRIT STRENGTH

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

## **●** RPM

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

## D LESMILLS

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



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