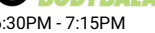
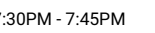
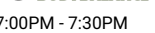
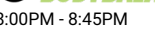
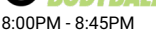
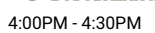
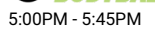
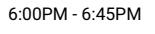
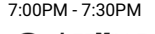
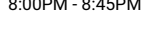
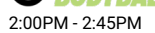
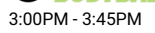
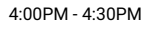


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 sprint 6:15AM - 6:45AM  RPM 7:00AM - 7:30AM  RPM 8:00AM - 8:30AM  RPM 9:00AM - 9:50AM  RPM 11:00AM - 11:50AM  sprint 1:30PM - 2:00PM  RPM 2:00PM - 2:50PM  RPM 3:00PM - 3:50PM  RPM 7:00PM - 7:50PM  sprint 8:00PM - 8:30PM	 RPM 5:15AM - 6:05AM  sprint 6:15AM - 6:45AM  RPM 7:00AM - 7:30AM  RPM 8:00AM - 8:30AM  RPM 10:00AM - 10:30AM  RPM 11:00AM - 11:30AM  RPM 12:00PM - 12:50PM  RPM 1:00PM - 1:50PM  RPM 2:00PM - 2:50PM  RPM 3:00PM - 3:50PM  RPM 4:00PM - 4:50PM  RPM 6:30PM - 7:00PM  RPM 7:15PM - 7:45PM  RPM 8:00PM - 8:30PM	 RPM 7:00AM - 7:30AM  RPM 8:00AM - 8:30AM  RPM 9:00AM - 9:50AM  RPM 11:00AM - 11:50AM  RPM 12:15PM - 1:05PM  sprint 1:30PM - 2:00PM  RPM 2:00PM - 2:50PM  RPM 3:00PM - 3:50PM  RPM 4:00PM - 4:50PM  RPM 5:30PM - 6:20PM  RPM 7:00PM - 7:50PM  sprint 8:00PM - 8:30PM	 RPM 7:00AM - 7:30AM  RPM 8:00AM - 8:30AM  RPM 10:00AM - 10:30AM  RPM 11:00AM - 11:30AM  RPM 12:00PM - 12:50PM  RPM 1:00PM - 1:50PM  RPM 2:00PM - 2:50PM  RPM 3:00PM - 3:50PM  RPM 4:00PM - 4:50PM  RPM 5:30PM - 6:20PM  RPM 6:30PM - 7:00PM  RPM 7:15PM - 7:45PM  RPM 8:00PM - 8:30PM	 RPM 5:30AM - 6:00AM  sprint 6:15AM - 6:45AM  RPM 7:00AM - 7:30AM  RPM 8:00AM - 8:30AM  RPM 9:00AM - 9:50AM  RPM 10:00AM - 10:30AM  RPM 11:00AM - 11:50AM  sprint 1:30PM - 2:00PM  RPM 2:00PM - 2:50PM  RPM 3:00PM - 3:50PM  RPM 4:00PM - 4:50PM  RPM 5:00PM - 5:50PM  RPM 6:00PM - 6:30PM  RPM 7:00PM - 7:50PM  RPM 8:00PM - 8:30PM	 RPM 7:15AM - 8:05AM  sprint 8:30AM - 9:00AM  sprint 10:15AM - 10:45AM  RPM 11:00AM - 11:30AM  RPM 11:45AM - 12:35PM  RPM 1:00PM - 1:50PM  sprint 2:00PM - 2:30PM  RPM 3:00PM - 3:50PM  RPM 4:00PM - 4:30PM	 RPM 7:15AM - 8:05AM  RPM 8:15AM - 8:45AM  RPM 9:00AM - 9:50AM  RPM 10:00AM - 10:50AM  sprint 11:00AM - 11:30AM  RPM 11:45AM - 12:35PM  RPM 1:00PM - 1:50PM  RPM 2:00PM - 2:50PM  RPM 3:00PM - 3:50PM  sprint 4:00PM - 4:30PM

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

Beacon Health & Fitness - Granger LesMills Virtual

Yoga/Pilates (GR)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 EXPRESS FLEXIBILITY 5:30AM - 5:45AM  FLEXIBILITY 7:15AM - 7:45AM  12:00PM - 12:45PM  1:00PM - 1:20PM  2:15PM - 3:00PM  FLEXIBILITY 3:15PM - 3:45PM  6:30PM - 7:15PM  EXPRESS FLEXIBILITY 7:30PM - 7:45PM	 5:30AM - 6:30AM  7:00AM - 7:45AM  FLEXIBILITY 11:00AM - 11:30AM  FLEXIBILITY 3:30PM - 4:00PM  7:00PM - 7:45PM  8:00PM - 9:00PM	 EXPRESS FLEXIBILITY 5:30AM - 5:45AM  6:00AM - 6:45AM  7:30AM - 7:50AM  1:00PM - 1:20PM  2:15PM - 3:00PM  3:00PM - 3:45PM  FLEXIBILITY 7:00PM - 7:30PM  8:00PM - 8:45PM	 5:30AM - 6:15AM  7:00AM - 7:45AM  1:15PM - 1:45PM  FLEXIBILITY 3:30PM - 4:00PM  4:00PM - 4:45PM  7:00PM - 7:45PM  8:00PM - 8:45PM	 5:15AM - 5:35AM  6:00AM - 6:45AM  12:00PM - 12:45PM  1:00PM - 2:00PM  2:15PM - 3:00PM  3:00PM - 3:45PM  FLEXIBILITY 4:00PM - 4:30PM  5:00PM - 5:45PM  6:00PM - 6:45PM  FLEXIBILITY 7:00PM - 7:30PM  8:00PM - 8:45PM	 FLEXIBILITY 7:15AM - 7:45AM  12:00PM - 12:45PM  1:00PM - 1:45PM  2:00PM - 2:20PM  3:00PM - 3:45PM  4:00PM - 4:45PM	 7:00AM - 7:45AM  8:00AM - 8:45AM  9:00AM - 9:45AM  11:30AM - 12:00PM  12:15PM - 12:45PM  1:00PM - 1:45PM  2:00PM - 2:45PM  3:00PM - 3:45PM  FLEXIBILITY 4:00PM - 4:30PM

LES MILLS **BODYATTACK**

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

LES MILLS **BODYATTACK**

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

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.

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 **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.

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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
7/5/26