



GROUP FITNESS SCHEDULE

AUDITORIUM GROUP FITNESS STUDIO VIA ZOOM

Effective July 2021

Denotes Virtual Class*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	LES MILLS BODYATTACK Jen N.		LES MILLS BODYPUMP Claudia	LES MILLS CORE Jennifer N.	LES MILLS RPM Demetrius		
5:30AM AUDIT.	LES MILLS RPM Madison	LES MILLS RPM Claudia					
6:00AM		YOGA BASICS Jill		YOGA BASICS Jill			
6:30AM			LES MILLS BODYFLOW		LES MILLS BODYFLOW		
6:30AM AUDIT.		POUNCE Daly	LES MILLS CYCLE Madison				
8:15AM ZOOM	LES MILLS BODYPUMP Robin		LES MILLS LIT For Seniors Sarah LES MILLS BODYPUMP Robin		LES MILLS LIT For Seniors Sarah		
8:15AM				LES MILLS BODYSTEP Robin	LES MILLS BODYPUMP Robin		
8:30AM ZOOM							
8:30AM AUDIT.		LES MILLS RPM Blaire			LES MILLS RPM Blaire		
8:30AM						LES MILLS BODYPUMP Sarah/Daly	
9:00AM ZOOM			LES MILLS CORE Robin	Yoga Cindy			
9:00AM POOL	LES MILLS ZUMBA Lisa		LES MILLS ZUMBA Lisa	LES MILLS ZUMBA Lisa			
9:15AM ZOOM	LES MILLS CORE Robin				LES MILLS CORE Rachel		
9:30AM ZOOM			Yoga Cindy				
9:30AM AUDIT.		LES MILLS ZUMBA Lillian		LES MILLS ZUMBA Lillian	LES MILLS RPM Blaire		LES MILLS CYCLE Madison/Lip
9:30AM						Yoga Nan	LES MILLS BODYPUMP Sarah
10:15AM		LES MILLS BODYCOMBAT	LES MILLS BODYPUMP			LES MILLS BODYPUMP	
10:15AM ZOOM	LES MILLS BODYFLOW Nan				LES MILLS BODYFLOW Nan		
10:30AM ZOOM				LES MILLS LIT For Seniors Sarah			
11:15AM	LES MILLS BODYPUMP				LES MILLS BODYPUMP		LES MILLS CORE
12:00PM AUDIT.				LES MILLS CYCLE Lisa			
12:30PM						LES MILLS GRIT PLVD	LES MILLS ZUMBA Lisa
1:00PM AUDIT.						POUNCE Daly	
1:15PM	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT		LES MILLS BODYJAM	
1:30PM							
2:15PM	LES MILLS BODYPUMP	LES MILLS SHBAM	LES MILLS BODYPUMP		LES MILLS BODYFLOW	LES MILLS BODYATTACK	LES MILLS BODYPUMP
3:15PM	LES MILLS BODYFLOW	LES MILLS BODYFLOW	LES MILLS GRIT CARDIO	LES MILLS SHBAM			
4:00PM ZOOM		LES MILLS BODYFLOW Nan					
4:30PM				LES MILLS BODYSTEP Katie			LES MILLS GRIT STRENGTH
4:45PM	LES MILLS ZUMBA Lisa						
5:00PM ZOOM				LES MILLS BODYFLOW Nan			
5:15PM		BOOT CAMP Sarah B.		BOOT CAMP Sarah B.			
5:30PM	LES MILLS BODYSTEP Katie/Ashley	LES MILLS BODYPUMP Robin	LES MILLS ZUMBA Trudy				
5:45PM AUDIT.			LES MILLS CARDIO KICK Lillian				
6:00PM AUDIT.	MIXEDFIT Lisa						
6:00PM POOL		LES MILLS ZUMBA Lisa					
6:30PM				LES MILLS ZUMBA Trudy			

*Virtual Classes are 30 minutes unless otherwise indicated.

Please note: All classes are reviewed monthly and revised where necessary, quarterly. We assess with the help of your feedback, the time, type and instructor of the class. Contact Tabitha@bhamjcc.org or MWilliams@bhamjcc.org for questions or concerns.