



# YMCA AT THE ATHENAEUM

## MARCH LES MILLS VIRTUAL SCHEDULE

### Morning & Afternoon 5am-2pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-5:45am Virtual CXWORX Studio	5-5:45 am Virtual OnDemand Studio	5:15-5:45am Virtual BodyFlow Studio	5-5:45am Virtual OnDemand Studio	5:15-5:45am Virtual CXWORX Studio		
7-9 am Virtual OnDemand Studio	6-6:30am Virtual Grit Cardio Studio	7 - 9 am Virtual OnDemand Studio	7- 9 am Virtual OnDemand Studio	6-6:50 am Virtual RPM Cycle Studio		
7:15-7:45am Virtual Sprint Cycle Studio	7-9 am Virtual OnDemand Studio	7:15-7:45am Virtual Sprint Cycle Studio	7:30-8:20am Virtual RPM Cycle Studio	7- 9 am Virtual OnDemand Studio		8:15-9am Virtual BodyFlow Studio
8-8:50am Virtual RPM Cycle Studio	7:30-8:20am Virtual RPM Cycle Studio	8-8:50am Virtual RPM Cycle Studio		7:15-7:45am Virtual Sprint Cycle Studio		8:15-9:05am Virtual RPM Cycle Studio
9-9:30am Virtual Sprint Cycle Studio	8:30-9am Virtual Sprint Cycle Studio	9-9:30am Virtual Sprint Cycle Studio	8:30-9am Virtual Sprint Cycle Studio	8-8:50am Virtual RPM Cycle Studio		9:15-9:45am Virtual RPM Cycle Studio
9:45-10:15am Virtual RPM Cycle Studio	9:15-10:05am Virtual RPM Cycle Studio	9:45-10:15am Virtual RPM Cycle Studio	9:15-10:05am Virtual RPM Cycle Studio	9-9:30am Virtual Sprint Cycle Studio		9:15-10:15am Virtual BodyPump Studio
10:30-11:20am Virtual RPM Cycle Studio	10:30-11am Virtual Sprint Cycle Studio	10:30-11:20am Virtual RPM Cycle Studio	10:30-11am Virtual Sprint Cycle Studio	9:45-10:15am Virtual RPM Cycle Studio		10-10:50am Virtual RPM Cycle Studio
11:30-12pm Virtual Sprint Cycle Studio	11:15-12:05p Virtual RPM Cycle Studio	11:30-12pm Virtual Sprint Cycle Studio	11:15-12:05p Virtual RPM Cycle Studio	10:30-11:20am Virtual RPM Cycle Studio		10:30-11 am Virtual Grit Cardio Studio
12:15-1:05pm Virtual RPM Cycle Studio	12:15-12:45 pm Virtual Sprint Cycle Studio	12-12:45pm Virtual BodyPump Studio	12:15-12:45 pm Virtual Sprint Cycle Studio	11:30-12pm Virtual Sprint Cycle Studio	11:30-12:20pm Virtual RPM Cycle Studio	11-11:50am Virtual RPM Cycle Studio
1-1:45pm Virtual BodyFlow Studio	12:30-1pm Virtual Sh'bam Studio	12:15-1:05pm Virtual RPM Cycle Studio	12:30-1pm Virtual Sh'bam Studio	12:15-1:05pm Virtual RPM Cycle Studio	12:30-1pm Virtual Sprint Cycle Studio	11:30-12pm Virtual Grit Athletic Studio
1:15-1:45pm Virtual Sprint Cycle Studio	1-1:50pm Virtual RPM Cycle Studio	1-1:45 pm Virtual BodyFlow Studio	1-1:50pm Virtual RPM Cycle Studio	12:30-1pm Virtual Barre Studio	12:45-1:15pm Virtual CXWORX Studio	12-3:15 Virtual On Demand Studio
	1:15-2:15pm Virtual BodyFlow Studio	1:15-1:45pm Virtual Sprint Cycle Studio	1:15-2:15pm Virtual BodyFlow Studio	1:15-1:45pm Virtual Sprint Cycle Studio	1:15-2:05pm Virtual RPM Cycle Studio	
				1:15-1:45pm Virtual Sh'bam Studio	1:30-2:15pm Virtual Sh'bam Studio	

CLASS COLOR CODE:

CARDIO	STRENGTH	MIND BODY
DANCE	CYCLE	ON DEMAND

BOOK CLASSES WITH MINDBODY APP



Classes with this icon require you to reserve your spot in this class using the MINDBODY app.

# YMCA AT THE ATHENAEUM LES MILLS VIRTUAL SCHEDULE

## Afternoon & Evening Classes 2-10pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2-5:15 pm Virtual OnDemand Cycle Studio	2-5:20 pm Virtual OnDemand Cycle Studio	2-3 pm Virtual Body Combat Studio	2-5:20 pm Virtual OnDemand Cycle Studio	2-3pm Virtual BodyCombat Studio	2:30-3pm Virtual Grit Strength Studio	2:15-4:45pm Virtual OnDemand Cycle Studio
	2:30-3pm Virtual Barre Studio	2-5:15pm Virtual OnDemand Cycle Studio	2:30-3pm Virtual Barre Studio	2-4:35 pm Virtual OnDemand Cycle Studio	2:30-4:05 pm Virtual OnDemand Cycle Studio	
3:15-3:45pm Virtual Grit Athletic Studio	3:15-3:45pm Virtual Grit Cardio Studio	3:15-3:45pm Virtual Grit Athletic Studio	3:15-3:45pm Virtual Grit Cardio Studio	3:15-3:45pm Virtual Grit Strength Studio	3:15-3:45pm Virtual BodyCombat Studio	
4-4:45pm Virtual Sh'bam Studio	4-4:30pm Virtual CXWORX Studio	4-4:45pm Virtual Sh'bam Studio	4-4:30pm Virtual CXWORX Studio	4-4:45pm Virtual Sh'bam Studio	4-4:30p Virtual Grit Athletic Studio	
	4:45-5:15pm Virtual BodyFlow Studio		4:45-5:15pm Virtual BodyFlow Studio	4:45-5:15pm Virtual BodyFlow Studio	4:15-4:45pm Virtual Sprint Cycle Studio	4:45-5:30pm Virtual BodyFlow Studio
5-5:30pm Virtual CXWORX Studio		5-5:30pm Virtual CXWORX Studio			4:45-5:15pm Virtual Sprint Cycle Studio	5-5:50pm Virtual RPM Cycle Studio
	6:45-7:15pm Virtual Grit Cardio Studio			5:30-6:20pm Virtual RPM Cycle Studio	5:45-6:15pm Virtual Grit Cardio Studio	
	7:30-8:15pm Virtual Sh'bam Studio			6:30-7pm Virtual Sprint Cycle Studio	6-6:30pm Virtual Sprint Cycle Studio	
				6:45-7:45pm Virtual BodyFlow Studio		
8:30-9pm Virtual Grit Athletic Studio	8:30-9pm Virtual Grit Cardio Studio	8:30-9:30pm Virtual Grit Athletic Studio	8:30-9pm Virtual Grit Cardio Studio		8:30-9:30pm Virtual BodyCombat Studio	