



YMCA AT THE CITY MARKET LES MILLS VIRTUAL SCHEDULE

Classes from: 5 a.m. - 12 p.m. (see back for afternoon classes)

Updated: 3/1/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-5:45am Virtual Grit-Cardio MP1	5:15-5:45am Virtual Grit-Athletic MP1	5:15-5:45am Virtual Grit-Cardio MP1	5:15-5:45am Virtual Grit-Athletic MP1	5:15-5:45am On Demand MP1	7:15-8:45am On Demand MP1
5:15 - 5:45am Virtual Sprint Cycle Studio	5:15 - 6:05am Virtual RPM Cycle Studio	5:15 - 5:45am Virtual Sprint Cycle Studio	5:15 - 6:05am Virtual RPM Cycle Studio	5:15 - 5:45am Virtual Sprint Cycle Studio	10:15am-12:15pm On Demand MP1
6-6:45am Virtual RPM Cycle Studio	6:15 - 6:45am Virtual Sprint Cycle Studio	6-6:45am Virtual RPM Cycle Studio	6:15 - 6:45am Virtual Sprint Cycle Studio	7:15 - 8:15am Virtual BodyFlow MP1	7:15am-12:15pm On Demand Cycle Studio
7-7:30am Virtual Sprint Cycle Studio	7-7:30am Virtual Sh'bam MP1	7-7:30am Virtual Sprint Cycle Studio	7-7:30am Virtual Sh'bam MP1	7:30 - 8:20am Virtual RPM Cycle Studio	
7:35-8:25am Virtual RPM Cycle Studio	7:30-8am Virtual CXWORX MP1	7:35-8:25am Virtual RPM Cycle Studio	7:30-8am Virtual CXWORX MP1	8:30 - 11:30am On Demand MP1	
7:15 - 8:15am Virtual BodyFlow MP1	8 - 9am Virtual BodyCombat MP1	7:15 - 8:15am Virtual BodyFlow MP1	8 - 9am Virtual BodyCombat MP1	8:30am - 12pm On Demand Cycle Studio	
8:30 - 9am Virtual Grit-Strength MP1	8 - 8:50am Virtual RPM Cycle Studio	8:30 - 9am Virtual Grit-Strength MP1	8 - 8:50am Virtual RPM Cycle Studio		
8:30 - 10:55am On Demand Cycle Studio	9 - 11:45am On Demand Cycle Studio	8:30 - 10:55am On Demand Cycle Studio	9 - 11:45am On Demand Cycle Studio		
9:15 - 11:15am On Demand MP1	9:05 - 11am On Demand MP1	9:15 - 11:15am On Demand MP1	9:05 - 11am On Demand MP1		
11 - 11:30am Virtual Sprint Cycle Studio		11 - 11:30am Virtual Sprint Cycle Studio			

On Demand

Choose your own workout from the huge Les Mills library of virtual classes, all led by world-class instructors in pre-recorded segments.

Barre

A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

BodyCombat

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

BodyFlow

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

BodyPump

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

CXWORX

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

Grit-Cardio/Athletic/Strength

30-minute high-intensity interval training (HIIT) workout 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.

Sh'Bam

Fun-loving and insanely addictive dance workout. No dance experience required!

Sprint

High-intensity interval training on a bike. It's a short, intense style of training where it pushes your physical and mental limits.



YMCA AT THE CITY MARKET LES MILLS VIRTUAL SCHEDULE

Classes from: 12 p.m. - 8 p.m. (see front for morning classes)

Updated: 3/1/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30am - 12pm Virtual Grit-Cardio MP1	11:05- 11:50am Virtual BodyPump MP1	11:30am - 12pm Virtual Grit-Cardio MP1	11:05 - 11:50am Virtual BodyPump MP1	12:15 - 1:05pm Virtual RPM Cycle Studio	
11:35am-12:05pm Virtual RPM Cycle Studio	12 - 12:30pm Virtual Sprint Cycle Studio	11:30am-12:00pm Virtual RPM Cycle Studio	12 - 12:30pm Virtual Sprint Cycle Studio	12:45-1:15pm Virtual Grit-Athletic MP1	
12:15 - 12:45pm Virtual Sprint Cycle Studio	12:45 - 1:15pm Virtual RPM Cycle Studio	12:00 - 12:50pm Virtual RPM Cycle Studio	12:45 - 1:15pm Virtual RPM Cycle Studio	1:15-1:45pm Virtual Grit-Strength MP1	
12:50 - 1:20pm Virtual CXWORX MP1	12:45-1:15pm Virtual BodyCombat MP1	12:50 - 1:20pm Virtual CXWORX MP1	12:45-1:15pm Virtual BodyCombat MP1	1:15 - 1:45pm Virtual Sprint Cycle Studio	
1 - 1:30pm Virtual RPM Cycle Studio	1:30 - 4pm On Demand MP1	1 - 1:30pm Virtual RPM Cycle Studio	1:30 - 4pm On Demand MP1	2 - 7:30pm On Demand Cycle Studio	
1:30-2pm Virtual BodyFlow MP1	1:30 - 2pm Virtual Sprint Cycle Studio	1:30-2pm Virtual BodyFlow MP1	1:30 - 2pm Virtual Sprint Cycle Studio	2:15-2:45pm Virtual Grit-Cardio MP1	
1:35 - 5:05pm On Demand Cycle Studio	2 - 4:45pm On Demand Cycle Studio	1:35 - 5:05pm On Demand Cycle Studio	2 - 4:45pm On Demand Cycle Studio	3 - 4pm Virtual BodyFlow MP1	
2:15 - 3:15pm Virtual BodyCombat MP1	4 - 5pm Virtual BodyPump MP1	2:15 - 3:15pm Virtual BodyCombat MP1	4 - 5pm Virtual BodyPump MP1	4:15 - 5pm Virtual BodyPump MP1	
3:30-4pm Virtual Barre MP1	4:50 - 5:20pm Virtual RPM Cycle Studio	3:30-4pm Virtual Barre MP1	4:50 - 5:20pm Virtual RPM Cycle Studio	5:15 - 6pm Virtual Sh'bam MP1	
4:15-4:45pm Virtual Grit-Cardio MP1	5:45-6:35pm Virtual RPM Cycle Studio	4:15-4:45pm Virtual Grit-Cardio MP1	5:45-6:35pm Virtual RPM Cycle Studio	6:15-6:45pm Virtual Grit-Athletic MP1	
5-5:45pm Virtual BodyCombat MP1	5-5:30pm Virtual CXWORX MP1	5-5:45pm Virtual BodyCombat MP1	5-5:30pm Virtual CXWORX MP1	6:45-7:15pm Virtual Grit-Strength MP1	
5:10 - 5:40pm Virtual RPM Cycle Studio	6:45 - 7:50pm On Demand Cycle Studio	5:10 - 5:40pm Virtual RPM Cycle Studio	6:45 - 7:50pm On Demand Cycle Studio		
6:45 - 7:50pm On Demand Cycle Studio		6:45 - 7:50pm On Demand Cycle Studio			

CLASS COLOR CODE:

- CARDIO
- STRENGTH
- MIND BODY
- ON DEMAND
- DANCE
- CYCLE

Room Key:
MP1: 'Multipurpose 1' (big room)

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