

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS barre 5:15AM - 5:45AM	LES MILLS GRIT PLYO 6:30AM - 7:00AM	LES MILLS barre 5:15AM - 5:45AM	LES MILLS GRIT CARDIO 6:30AM - 7:00AM	LES MILLS barre 5:15AM - 5:45AM	LES MILLS BODYFLOW 6:15AM - 6:45AM	LES MILLS SH'BAM 1:00PM - 1:45PM
LES MILLS CXWORX 5:45AM - 6:15AM	LES MILLS BODYPUMP 7:15AM - 8:00AM	LES MILLS CXWORX 5:45AM - 6:15AM	LES MILLS BODYPUMP 7:15AM - 8:00AM	LES MILLS CXWORX 5:45AM - 6:15AM	LES MILLS barre 7:00AM - 7:30AM	LES MILLS barre 2:00PM - 2:30PM
LES MILLS GRIT CARDIO 6:30AM - 7:00AM	LES MILLS GRIT CARDIO 11:00AM - 11:30AM	LES MILLS GRIT STRENGTH 6:30AM - 7:00AM	LES MILLS SH'BAM 10:30AM - 11:15AM	LES MILLS GRIT STRENGTH 6:30AM - 7:00AM	LES MILLS SH'BAM 7:30AM - 8:15AM	LES MILLS CXWORX 2:40PM - 3:10PM
LES MILLS BODYFLOW 7:15AM - 7:45AM	LES MILLS BODYCOMBAT 12:00PM - 1:00PM	LES MILLS BODYFLOW 7:15AM - 7:45AM	LES MILLS GRIT CARDIO 11:25AM - 11:55AM	LES MILLS barre 7:15AM - 7:45AM	LES MILLS SH'BAM 10:30AM - 11:15AM	LES MILLS CXWORX 5:10PM - 5:40PM
LES MILLS BODYPUMP 12:00PM - 1:00PM	LES MILLS BODYCOMBAT 1:30PM - 2:00PM	LES MILLS BODYPUMP 12:00PM - 1:00PM	LES MILLS BODYCOMBAT 12:00PM - 1:00PM	LES MILLS BODYCOMBAT 7:45AM - 8:15AM	LES MILLS GRIT CARDIO 11:25AM - 11:55AM	
LES MILLS CXWORX 1:00PM - 1:30PM	LES MILLS CXWORX 2:00PM - 2:30PM	LES MILLS CXWORX 1:00PM - 1:30PM	LES MILLS BODYCOMBAT 1:30PM - 2:00PM	LES MILLS BODYPUMP 12:00PM - 12:45PM	LES MILLS BODYCOMBAT 12:00PM - 12:30PM	
LES MILLS BODYCOMBAT 1:30PM - 2:00PM	LES MILLS BODYFLOW 2:30PM - 3:00PM	LES MILLS BODYFLOW 2:00PM - 2:30PM	LES MILLS CXWORX 2:00PM - 2:30PM	LES MILLS CXWORX 1:00PM - 1:30PM	LES MILLS CXWORX 12:30PM - 1:00PM	
LES MILLS CXWORX 2:00PM - 2:30PM	LES MILLS BODYPUMP 3:00PM - 4:00PM	LES MILLS barre 2:40PM - 3:10PM	LES MILLS BODYFLOW 2:30PM - 3:00PM	LES MILLS GRIT STRENGTH 1:30PM - 2:00PM	LES MILLS GRIT CARDIO 1:15PM - 1:45PM	
LES MILLS SH'BAM 2:35PM - 3:20PM	LES MILLS SH'BAM 4:00PM - 4:45PM	LES MILLS SH'BAM 3:15PM - 4:00PM	LES MILLS BODYPUMP 3:00PM - 4:00PM	LES MILLS CXWORX 2:00PM - 2:30PM	LES MILLS CXWORX 1:45PM - 2:15PM	
LES MILLS CXWORX 3:30PM - 4:00PM	LES MILLS BODYPUMP 8:15PM - 9:00PM	LES MILLS GRIT CARDIO 8:15PM - 8:45PM	LES MILLS SH'BAM 4:00PM - 4:45PM	LES MILLS BODYFLOW 2:35PM - 3:35PM	LES MILLS BODYFLOW 2:30PM - 3:00PM	
LES MILLS BODYCOMBAT 8:45PM - 9:15PM			LES MILLS BODYPUMP 8:15PM - 9:00PM	LES MILLS CXWORX 3:40PM - 4:10PM	LES MILLS CXWORX 3:00PM - 3:30PM	
				LES MILLS BODYFLOW 4:30PM - 5:30PM	LES MILLS BODYPUMP 3:30PM - 4:30PM	
				LES MILLS SH'BAM 6:00PM - 6:45PM	LES MILLS BODYCOMBAT 4:45PM - 5:15PM	
				LES MILLS BODYCOMBAT 7:00PM - 8:00PM	LES MILLS CXWORX 5:15PM - 5:45PM	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS SH'BAM 4:45AM - 5:30AM	LES MILLS BODYCOMBAT 5:00AM - 5:30AM	LES MILLS SH'BAM 4:45AM - 5:30AM	LES MILLS BODYCOMBAT 5:00AM - 5:30AM	LES MILLS SH'BAM 4:45AM - 5:30AM	LES MILLS SH'BAM 6:15AM - 7:00AM	LES MILLS BODYFLOW 12:30PM - 1:30PM
LES MILLS BODYCOMBAT 5:30AM - 6:30AM	LES MILLS CXWORX 5:30AM - 6:00AM	LES MILLS BODYCOMBAT 5:30AM - 6:30AM	LES MILLS CXWORX 5:30AM - 6:00AM	LES MILLS BODYCOMBAT 5:30AM - 6:30AM	LES MILLS BODYFLOW 7:00AM - 7:30AM	LES MILLS CXWORX 1:35PM - 2:05PM
LES MILLS CXWORX 6:30AM - 7:00AM	LES MILLS GRIT PLYO 6:00AM - 6:30AM	LES MILLS CXWORX 6:30AM - 7:00AM	LES MILLS GRIT STRENGTH 6:00AM - 6:30AM	LES MILLS BODYCOMBAT 6:30AM - 7:00AM	barre 7:30AM - 8:00AM	barre 2:15PM - 2:45PM
barre 7:00AM - 7:30AM	LES MILLS CXWORX 6:35AM - 7:05AM	barre 7:00AM - 7:30AM	LES MILLS CXWORX 6:35AM - 7:05AM	LES MILLS CXWORX 7:00AM - 7:30AM	LES MILLS SH'BAM 8:00AM - 8:30AM	barre 2:45PM - 3:15PM
LES MILLS BODYPUMP 7:45AM - 8:45AM	LES MILLS SH'BAM 7:10AM - 7:40AM	LES MILLS BODYPUMP 7:45AM - 8:45AM	LES MILLS SH'BAM 7:10AM - 7:40AM	LES MILLS BODYPUMP 7:45AM - 8:45AM	barre 8:30AM - 9:00AM	LES MILLS SH'BAM 3:15PM - 4:00PM
LES MILLS SH'BAM 8:45AM - 9:15AM	LES MILLS BODYCOMBAT 7:45AM - 8:15AM	LES MILLS SH'BAM 8:45AM - 9:15AM	LES MILLS BODYCOMBAT 7:45AM - 8:15AM	LES MILLS SH'BAM 9:00AM - 9:45AM	BORN TO MOVE 9:00AM - 9:30AM	LES MILLS CXWORX 4:00PM - 4:30PM
LES MILLS BODYFLOW 9:15AM - 10:15AM	<i>Josh's Boxing Class</i> 9:15AM - 9:45AM	LES MILLS BODYFLOW 9:15AM - 10:15AM	<i>Josh's Boxing Class</i> 9:15AM - 9:45AM	<i>Dance with Gloria</i> 10:30AM - 11:15AM	LES MILLS SH'BAM 9:30AM - 10:15AM	BORN TO MOVE 4:30PM - 5:00PM
<i>Group Training Class</i> 10:30AM - 11:15AM	LES MILLS BODYCOMBAT 10:00AM - 11:00AM	<i>Ballet Barre</i> 11:30AM - 12:15PM	LES MILLS BODYCOMBAT 10:00AM - 11:00AM	<i>Ballet Barre</i> 11:30AM - 12:15PM	LES MILLS CXWORX 10:30AM - 11:00AM	BORN TO MOVE 5:00PM - 5:45PM
barre 11:30AM - 12:00PM	LES MILLS BODYPUMP 11:30AM - 12:15PM	LES MILLS BODYFLOW 12:30PM - 1:00PM	LES MILLS SH'BAM 11:30AM - 12:15PM	LES MILLS BODYFLOW 12:30PM - 1:00PM	barre 11:00AM - 11:30AM	LES MILLS SH'BAM 5:50PM - 6:20PM
LES MILLS BODYFLOW 12:15PM - 1:15PM	barre 12:30PM - 1:00PM	LES MILLS GRIT CARDIO 1:15PM - 1:45PM	barre 12:30PM - 1:00PM	LES MILLS GRIT STRENGTH 1:15PM - 1:45PM		
LES MILLS GRIT CARDIO 1:15PM - 1:45PM	LES MILLS GRIT CARDIO 1:15PM - 1:45PM	barre 2:00PM - 2:30PM	LES MILLS GRIT PLYO 1:15PM - 1:45PM	LES MILLS BODYFLOW 2:00PM - 3:00PM		
barre 2:00PM - 2:30PM	LES MILLS BODYFLOW 2:00PM - 3:00PM	LES MILLS CXWORX 2:30PM - 3:00PM	barre 2:00PM - 2:30PM	LES MILLS SH'BAM 3:00PM - 3:45PM		
LES MILLS SH'BAM 3:00PM - 3:45PM	BORN TO MOVE 3:45PM - 4:15PM	LES MILLS SH'BAM 3:00PM - 3:45PM	barre 2:30PM - 3:00PM	BORN TO MOVE 3:45PM - 4:15PM		
BORN TO MOVE 4:00PM - 4:45PM	LES MILLS BODYFLOW 6:10PM - 6:40PM	BORN TO MOVE 4:15PM - 4:45PM	BORN TO MOVE 3:45PM - 4:15PM	LES MILLS BODYFLOW 4:30PM - 5:30PM		
barre 4:45PM - 5:15PM	LES MILLS BODYPUMP 7:00PM - 8:00PM	barre 4:45PM - 5:15PM	BORN TO MOVE 4:15PM - 4:45PM	barre 5:30PM - 6:00PM		

Monday

Josh's Boxing Class
5:30PM - 6:00PM

 **GRIT** | STRENGTH
8:15PM - 8:45PM

Tuesday

 **LES MILLS
CXWORX**
8:15PM - 8:45PM

Wednesday

Josh's Boxing Class
5:30PM - 6:00PM

 **LES MILLS
CXWORX**
6:15PM - 6:45PM

 **GRIT** | **CARDIO**
8:15PM - 8:45PM

Thursday

Ballet Barre with Gloria
5:00PM - 5:40PM

 **barre**
8:15PM - 8:45PM

Friday

 **LES MILLS
BODYCOMBAT**
6:30PM - 7:30PM

 **GRIT** | STRENGTH
7:35PM - 8:05PM

Saturday

Sunday

Abs

15 minutes of ab work

LES MILLS **BODYATTACK**

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

LES MILLS **BODYFLOW**

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

LES MILLS **BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS **BODYSTEP** ATHLETIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

LES MILLS **BODYSTEP** CLASSIC

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

Fitness Challenge

A great class to challenge your cardiovascular fitness and build muscle strength and endurance! This class puts you through a series of plyometric exercises for your upper and lower body. The

class also incorporates tracks from our Les Mills classes. It is a 50 minute class that will give you a whole body workout!

Josh's Boxing Class

See front desk for dates and times that this class runs.

LES MILLS GRIT

This 30 minute HIIT class will be one of the 3 Les Mills formats. Cardio, Strength, or Plyo.

LES MILLS **GRIT** | **CARDIO**

LES MILLS GRIT™ Cardio is a 30 minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn.

LES MILLS **GRIT** | **STRENGTH**

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

LES MILLS **RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

LES MILLS **sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

LES MILLS **barre**

A modern version of classic balletic training designed to shape and tone postural muscles,

Five Points Washington