

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS SH'BAM</b> 4:45AM - 5:30AM	<b>LES MILLS BODYFLOW</b> 5:15AM - 6:00AM	<b>LES MILLS BODYCOMBAT</b> 5:00AM - 6:00AM	<b>LES MILLS BODYFLOW</b> 5:15AM - 6:00AM	<b>LES MILLS SH'BAM</b> 4:45AM - 5:30AM	<b>LES MILLS BODYFLOW</b> 6:15AM - 6:45AM	<b>LES MILLS CXWORX</b> 11:00AM - 11:30AM
<b>LES MILLS CXWORX</b> 5:45AM - 6:15AM	<b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:15AM	<b>LES MILLS CXWORX</b> 6:00AM - 6:30AM	<b>LES MILLS BODYCOMBAT</b> 6:15AM - 7:15AM	<b>LES MILLS CXWORX</b> 5:45AM - 6:15AM	<b>LES MILLS barre</b> 7:00AM - 7:30AM	<b>LES MILLS barre</b> 11:35AM - 12:05PM
<b>LES MILLS GRIT   CARDIO</b> 6:30AM - 7:00AM	<b>LES MILLS BODYPUMP</b> 7:20AM - 8:05AM	<b>LES MILLS GRIT   STRENGTH</b> 6:30AM - 7:00AM	<b>LES MILLS BODYPUMP</b> 7:20AM - 8:05AM	<b>LES MILLS GRIT   STRENGTH</b> 6:30AM - 7:00AM	<b>LES MILLS SH'BAM</b> 7:30AM - 8:15AM	<b>LES MILLS CXWORX</b> 12:10PM - 12:40PM
<b>LES MILLS BODYFLOW</b> 7:15AM - 7:45AM	<b>LES MILLS GRIT   CARDIO</b> 11:00AM - 11:30AM	<b>LES MILLS BODYFLOW</b> 7:15AM - 7:45AM	<b>LES MILLS BODYFLOW</b> 11:00AM - 11:30AM	<b>LES MILLS barre</b> 7:15AM - 7:45AM	<b>LES MILLS SH'BAM</b> 10:30AM - 11:15AM	<b>LES MILLS BORN TO MOVE</b> 12:45PM - 1:15PM
<b>LES MILLS BODYFLOW</b> 12:00PM - 1:00PM	<b>LES MILLS BODYCOMBAT</b> 12:00PM - 1:00PM	<i>Ballet Barre with Gloria</i> 11:30AM - 12:15PM	<b>LES MILLS BODYCOMBAT</b> 12:00PM - 1:00PM	<b>LES MILLS BODYCOMBAT</b> 7:45AM - 8:15AM	<b>LES MILLS GRIT   CARDIO</b> 11:25AM - 11:55AM	<b>LES MILLS BORN TO MOVE</b> 1:15PM - 1:45PM
<b>LES MILLS CXWORX</b> 1:00PM - 1:30PM	<b>LES MILLS BODYCOMBAT</b> 1:30PM - 2:00PM	<b>LES MILLS BODYFLOW</b> 12:45PM - 1:45PM	<b>LES MILLS BODYCOMBAT</b> 1:30PM - 2:00PM	<i>Ballet Barre with Gloria</i> 11:30AM - 12:15PM	<b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:30PM	<b>LES MILLS barre</b> 2:00PM - 2:30PM
<b>LES MILLS BODYCOMBAT</b> 1:30PM - 2:00PM	<b>LES MILLS CXWORX</b> 2:00PM - 2:30PM	<b>LES MILLS CXWORX</b> 2:00PM - 2:30PM	<b>LES MILLS CXWORX</b> 2:00PM - 2:30PM	<i>Dance with Gloria</i> 12:20PM - 1:05PM	<b>LES MILLS CXWORX</b> 12:30PM - 1:00PM	<b>LES MILLS CXWORX</b> 2:40PM - 3:10PM
<b>LES MILLS CXWORX</b> 2:00PM - 2:30PM	<b>LES MILLS BODYFLOW</b> 2:30PM - 3:00PM	<b>LES MILLS barre</b> 2:40PM - 3:10PM	<b>LES MILLS BODYFLOW</b> 2:30PM - 3:00PM	<b>LES MILLS GRIT   STRENGTH</b> 1:30PM - 2:00PM	<b>LES MILLS GRIT   CARDIO</b> 1:15PM - 1:45PM	<b>LES MILLS CXWORX</b> 5:30PM - 6:00PM
<b>LES MILLS SH'BAM</b> 2:35PM - 3:20PM	<b>LES MILLS BODYPUMP</b> 3:00PM - 4:00PM	<b>LES MILLS BORN TO MOVE</b> 3:30PM - 4:00PM	<b>LES MILLS BODYPUMP</b> 3:00PM - 4:00PM	<b>LES MILLS CXWORX</b> 2:00PM - 2:30PM	<b>LES MILLS CXWORX</b> 1:45PM - 2:15PM	
<b>LES MILLS CXWORX</b> 3:30PM - 4:00PM	<b>LES MILLS BORN TO MOVE</b> 4:00PM - 4:45PM		<b>LES MILLS BORN TO MOVE</b> 4:00PM - 5:00PM	<b>LES MILLS BODYFLOW</b> 2:35PM - 3:35PM	<b>LES MILLS BODYFLOW</b> 2:30PM - 3:00PM	
				<b>LES MILLS CXWORX</b> 3:40PM - 4:10PM	<b>LES MILLS CXWORX</b> 3:00PM - 3:30PM	
				<b>LES MILLS BODYFLOW</b> 4:30PM - 5:30PM	<b>LES MILLS BODYPUMP</b> 3:30PM - 4:30PM	
				<b>LES MILLS BORN TO MOVE</b> 5:40PM - 6:10PM	<b>LES MILLS BODYCOMBAT</b> 4:45PM - 5:15PM	
				<b>LES MILLS BORN TO MOVE</b> 6:15PM - 7:00PM	<b>LES MILLS CXWORX</b> 5:15PM - 5:45PM	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS RPM</b> 5:30AM - 6:20AM	<b>LES MILLS BODYCOMBAT</b> 4:45AM - 5:15AM	<b>LES MILLS RPM</b> 5:30AM - 6:20AM	<b>LES MILLS BODYCOMBAT</b> 4:45AM - 5:15AM	<b>LES MILLS BODYCOMBAT</b> 5:00AM - 6:00AM	<b>LES MILLS barre</b> 7:00AM - 7:30AM	<b>LES MILLS CXWORX</b> 10:30AM - 11:00AM
<b>LES MILLS CXWORX</b> 6:30AM - 7:00AM	<b>LES MILLS sprint</b> 5:30AM - 6:00AM	<b>LES MILLS CXWORX</b> 6:30AM - 7:00AM	<b>LES MILLS sprint</b> 5:30AM - 6:00AM	<b>LES MILLS CXWORX</b> 6:00AM - 6:30AM	<b>LES MILLS SH'BAM</b> 7:30AM - 8:15AM	<b>LES MILLS BODYFLOW</b> 11:00AM - 12:00PM
<b>LES MILLS barre</b> 7:00AM - 7:30AM	<b>LES MILLS CXWORX</b> 6:35AM - 7:05AM	<b>LES MILLS barre</b> 7:00AM - 7:30AM	<b>LES MILLS CXWORX</b> 6:35AM - 7:05AM	<b>LES MILLS BODYCOMBAT</b> 6:30AM - 7:00AM	<b>LES MILLS RPM</b> 8:45AM - 9:35AM	<b>LES MILLS sprint</b> 12:00PM - 12:30PM
<b>LES MILLS BODYPUMP</b> 7:45AM - 8:45AM	<b>LES MILLS SH'BAM</b> 7:10AM - 7:40AM	<b>LES MILLS RPM</b> 8:30AM - 9:20AM	<b>LES MILLS SH'BAM</b> 7:10AM - 7:40AM	<b>LES MILLS barre</b> 7:00AM - 7:30AM	<b>LES MILLS CXWORX</b> 10:30AM - 11:00AM	<b>LES MILLS CXWORX</b> 12:30PM - 1:00PM
<b>LES MILLS RPM</b> 9:15AM - 10:05AM	<b>LES MILLS BODYCOMBAT</b> 7:45AM - 8:15AM	<b>LES MILLS BODYFLOW</b> 9:45AM - 10:45AM	<b>LES MILLS BODYCOMBAT</b> 7:45AM - 8:15AM	<b>LES MILLS sprint</b> 8:00AM - 9:00AM	<b>LES MILLS barre</b> 11:00AM - 11:30AM	<b>LES MILLS sprint</b> 1:05PM - 1:35PM
<b>LES MILLS BODYFLOW</b> 10:30AM - 11:30AM	<b>LES MILLS sprint</b> 9:00AM - 9:30AM	<b>LES MILLS sprint</b> 11:00AM - 11:30AM	<b>LES MILLS sprint</b> 9:00AM - 9:30AM	<b>LES MILLS RPM</b> 9:15AM - 10:05AM	<b>LES MILLS sprint</b> 12:00PM - 12:30PM	<b>LES MILLS SH'BAM</b> 1:35PM - 2:20PM
<b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM	<b>LES MILLS BODYCOMBAT</b> 10:00AM - 11:00AM	<b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM	<b>LES MILLS BODYCOMBAT</b> 10:00AM - 11:00AM	<b>LES MILLS sprint</b> 11:00AM - 11:30AM	<b>LES MILLS CXWORX</b> 12:30PM - 1:00PM	<b>LES MILLS sprint</b> 2:30PM - 3:00PM
<b>LES MILLS RPM</b> 1:15PM - 1:45PM	<b>LES MILLS BODYPUMP</b> 11:30AM - 12:15PM	<b>LES MILLS CXWORX</b> 1:00PM - 1:30PM	<b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM	<b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM	<b>LES MILLS sprint</b> 1:05PM - 1:35PM	<b>LES MILLS CXWORX</b> 3:00PM - 3:30PM
<b>LES MILLS barre</b> 2:00PM - 2:30PM	<b>LES MILLS sprint</b> 12:30PM - 1:00PM	<b>LES MILLS barre</b> 2:00PM - 2:30PM	<b>LES MILLS sprint</b> 12:30PM - 1:00PM	<b>LES MILLS CXWORX</b> 1:00PM - 1:30PM	<b>LES MILLS BODYFLOW</b> 1:35PM - 2:35PM	<b>LES MILLS RPM</b> 4:00PM - 4:50PM
<b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM	<b>LES MILLS barre</b> 1:15PM - 1:45PM	<b>LES MILLS CXWORX</b> 2:30PM - 3:00PM	<b>LES MILLS barre</b> 1:15PM - 1:45PM	<b>LES MILLS BODYFLOW</b> 2:00PM - 3:00PM	<b>LES MILLS RPM</b> 3:00PM - 3:50PM	<b>LES MILLS sprint</b> 5:00PM - 5:30PM
<b>LES MILLS barre</b> 4:45PM - 5:15PM	<b>LES MILLS BODYFLOW</b> 2:00PM - 3:00PM	<b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM	<b>LES MILLS BODYFLOW</b> 2:00PM - 3:00PM	<b>LES MILLS SH'BAM</b> 3:00PM - 3:45PM	<b>LES MILLS sprint</b> 4:00PM - 4:30PM	
<b>LES MILLS RPM</b> 6:00PM - 6:50PM	<b>LES MILLS RPM</b> 6:00PM - 6:50PM	<b>LES MILLS barre</b> 4:45PM - 5:15PM	<b>LES MILLS CXWORX</b> 5:15PM - 5:45PM	<b>LES MILLS BODYFLOW</b> 4:30PM - 5:30PM		
	<b>BORN TO MOVE</b> 7:15PM - 7:55PM	<b>LES MILLS sprint</b> 6:00PM - 6:30PM	<b>LES MILLS RPM</b> 6:00PM - 6:50PM	<b>BORN TO MOVE</b> 5:45PM - 6:30PM		
		<b>LES MILLS BODYPUMP</b> 7:15PM - 8:15PM	<b>LES MILLS BODYPUMP</b> 7:15PM - 8:15PM	<b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:30PM		

## 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.

### LES MILLS CXWORX

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

#### ***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!

### LES MILLS barre

LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength.

### 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.

# Five Points Washington