

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 5:30AM - 6:20AM</p> <p> LES MILLS CXWORX 6:30AM - 7:00AM</p> <p> barre 7:00AM - 7:30AM</p> <p> LES MILLS BODYPUMP 7:45AM - 8:45AM</p> <p> LES MILLS BODYFLOW 10:30AM - 11:30AM</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM</p> <p> LES MILLS RPM 1:15PM - 1:45PM</p> <p> barre 2:00PM - 2:30PM</p> <p> LES MILLS CXWORX 2:30PM - 3:00PM</p> <p> LES MILLS sprint 3:05PM - 3:35PM</p> <p> barre 4:45PM - 5:15PM</p> <p> BORN TO MOVE 7:15PM - 7:45PM</p>	<p> LES MILLS BODYCOMBAT 4:45AM - 5:15AM</p> <p> LES MILLS GRIT CARDIO 6:35AM - 7:05AM</p> <p> LES MILLS SH'BAM 7:10AM - 7:40AM</p> <p> LES MILLS BODYCOMBAT 7:45AM - 8:15AM</p> <p> LES MILLS CXWORX 8:25AM - 8:55AM</p> <p> LES MILLS sprint 9:00AM - 9:30AM</p> <p> LES MILLS CXWORX 9:30AM - 10:00AM</p> <p> LES MILLS BODYCOMBAT 10:00AM - 11:00AM</p> <p> LES MILLS BODYPUMP 11:30AM - 12:15PM</p> <p> LES MILLS sprint 12:30PM - 1:00PM</p> <p> barre 1:15PM - 1:45PM</p> <p> LES MILLS BODYFLOW 2:00PM - 3:00PM</p> <p> LES MILLS sprint 3:05PM - 3:35PM</p> <p> BORN TO MOVE 4:30PM - 5:15PM</p> <p> LES MILLS CXWORX 5:15PM - 5:45PM</p>	<p> LES MILLS RPM 5:30AM - 6:20AM</p> <p> LES MILLS CXWORX 6:30AM - 7:00AM</p> <p> barre 7:00AM - 7:30AM</p> <p> LES MILLS sprint 7:55AM - 8:25AM</p> <p> LES MILLS BODYFLOW 9:45AM - 10:45AM</p> <p> LES MILLS sprint 11:00AM - 11:30AM</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM</p> <p> LES MILLS CXWORX 1:00PM - 1:30PM</p> <p> barre 2:00PM - 2:30PM</p> <p> LES MILLS CXWORX 2:30PM - 3:00PM</p> <p> LES MILLS sprint 3:05PM - 3:35PM</p> <p> barre 4:45PM - 5:15PM</p> <p> LES MILLS sprint 6:00PM - 6:30PM</p> <p> LES MILLS BODYPUMP 7:15PM - 8:15PM</p>	<p> LES MILLS BODYCOMBAT 4:45AM - 5:15AM</p> <p> LES MILLS GRIT ATHLETIC 6:35AM - 7:05AM</p> <p> LES MILLS SH'BAM 7:10AM - 7:40AM</p> <p> LES MILLS BODYCOMBAT 7:45AM - 8:15AM</p> <p> LES MILLS CXWORX 8:25AM - 8:55AM</p> <p> LES MILLS sprint 9:00AM - 9:30AM</p> <p> LES MILLS CXWORX 9:30AM - 10:00AM</p> <p> LES MILLS BODYCOMBAT 10:00AM - 11:00AM</p> <p> LES MILLS BODYPUMP 11:30AM - 12:15PM</p> <p> LES MILLS sprint 12:30PM - 1:00PM</p> <p> barre 1:15PM - 1:45PM</p> <p> LES MILLS BODYFLOW 2:00PM - 3:00PM</p> <p> LES MILLS sprint 3:05PM - 3:35PM</p> <p> LES MILLS BODYPUMP 4:00PM - 4:30PM</p> <p> BORN TO MOVE 4:30PM - 5:00PM</p>	<p> LES MILLS BODYCOMBAT 5:00AM - 6:00AM</p> <p> LES MILLS CXWORX 6:00AM - 6:30AM</p> <p> LES MILLS CXWORX 6:30AM - 7:00AM</p> <p> barre 7:00AM - 7:30AM</p> <p> LES MILLS sprint 11:00AM - 11:30AM</p> <p> LES MILLS BODYPUMP 12:00PM - 1:00PM</p> <p> LES MILLS CXWORX 1:00PM - 1:30PM</p> <p> LES MILLS BODYFLOW 2:00PM - 3:00PM</p> <p> LES MILLS BODYFLOW 4:30PM - 5:30PM</p> <p> BORN TO MOVE 5:45PM - 6:30PM</p> <p> LES MILLS BODYCOMBAT 6:30PM - 7:30PM</p>	<p> LES MILLS CXWORX 6:45AM - 7:15AM</p> <p> LES MILLS BODYCOMBAT 7:20AM - 8:05AM</p> <p> LES MILLS CXWORX 10:30AM - 11:00AM</p> <p> barre 11:00AM - 11:30AM</p> <p> LES MILLS sprint 12:00PM - 12:30PM</p> <p> LES MILLS CXWORX 12:30PM - 1:00PM</p> <p> LES MILLS sprint 1:05PM - 1:35PM</p> <p> LES MILLS CXWORX 1:05PM - 1:35PM</p> <p> LES MILLS BODYFLOW 1:35PM - 2:35PM</p> <p> LES MILLS RPM 3:00PM - 3:50PM</p> <p> LES MILLS sprint 4:00PM - 4:30PM</p>	<p> LES MILLS CXWORX 10:30AM - 11:00AM</p> <p> LES MILLS BODYFLOW 11:00AM - 12:00PM</p> <p> LES MILLS sprint 12:00PM - 12:30PM</p> <p> LES MILLS CXWORX 12:30PM - 1:00PM</p> <p> LES MILLS sprint 1:05PM - 1:35PM</p> <p> LES MILLS SH'BAM 1:35PM - 2:20PM</p> <p> LES MILLS sprint 2:30PM - 3:00PM</p> <p> LES MILLS CXWORX 3:00PM - 3:30PM</p> <p> LES MILLS RPM 4:00PM - 4:50PM</p> <p> LES MILLS sprint 5:05PM - 5:35PM</p>

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



7:15PM - 7:45PM



5:15PM - 5:45PM



7:15PM - 8:15PM

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