

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 6:30AM - 7:00AM	 9:00AM - 9:50AM	 6:30AM - 7:00AM	 9:00AM - 9:50AM	 11:00AM - 11:30AM	 12:00PM - 12:30PM	 12:00PM - 12:30PM
 11:00AM - 11:30AM	 12:30PM - 1:00PM	 9:50AM - 10:20AM	 12:30PM - 1:00PM	 1:15PM - 1:45PM	 1:30PM - 2:20PM	 1:30PM - 2:20PM
 1:15PM - 1:45PM	 3:05PM - 3:35PM	 11:00AM - 11:30AM  1:15PM - 1:45PM  6:00PM - 6:30PM	 3:05PM - 3:35PM		 3:00PM - 3:50PM  4:00PM - 4:30PM	 2:30PM - 3:00PM  3:30PM - 4:20PM

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