



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)	Yoga/Pilates (ELK)
5:30AM - 6:15AM VIRTUAL BODYFLOW	7:00AM - 7:45AM VIRTUAL BODYFLOW	5:30AM - 6:15AM VIRTUAL BODYFLOW	7:00AM - 7:45AM VIRTUAL BODYFLOW	5:30AM - 6:15AM VIRTUAL BODYFLOW	9:00AM - 9:45AM VIRTUAL BODYFLOW	8:00AM - 8:45AM VIRTUAL BODYFLOW
8:00AM - 8:45AM VIRTUAL BODYFLOW	8:00AM - 8:45AM VIRTUAL BODYFLOW	8:00AM - 8:45AM VIRTUAL BODYFLOW	8:00AM - 8:45AM VIRTUAL BODYFLOW	7:00AM - 7:45AM VIRTUAL BODYFLOW	11:00AM - 11:45AM VIRTUAL BODYFLOW	9:00AM - 9:45AM VIRTUAL BODYFLOW
1:00PM - 1:45PM VIRTUAL BODYFLOW	9:00AM - 9:45AM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL BODYFLOW	9:00AM - 9:45AM VIRTUAL BODYFLOW	8:00AM - 8:45AM VIRTUAL BODYFLOW	12:00PM - 12:45PM VIRTUAL BODYFLOW	11:00AM - 11:45AM VIRTUAL BODYFLOW
2:00PM - 2:45PM VIRTUAL BODYFLOW	12:00PM - 12:45PM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYFLOW	12:00PM - 12:45PM VIRTUAL BODYFLOW	9:00AM - 9:45AM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL BODYFLOW	12:00PM - 12:45PM VIRTUAL BODYFLOW
3:00PM - 3:45PM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL BODYFLOW	3:00PM - 3:45PM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL BODYFLOW	10:00AM - 10:45AM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL BODYFLOW
4:00PM - 4:45PM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYFLOW	4:00PM - 4:45PM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYFLOW	12:00PM - 12:45PM VIRTUAL BODYFLOW	3:00PM - 3:45PM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYFLOW
5:00PM - 5:45PM VIRTUAL BODYFLOW	3:00PM - 3:45PM VIRTUAL BODYFLOW	5:00PM - 5:45PM VIRTUAL BODYFLOW	3:00PM - 3:45PM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL BODYFLOW	Group X (ELK)	3:00PM - 3:45PM VIRTUAL BODYFLOW
6:00PM - 6:45PM VIRTUAL BODYFLOW	4:00PM - 4:45PM VIRTUAL BODYFLOW	6:00PM - 6:45PM VIRTUAL BODYFLOW	4:00PM - 4:45PM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYFLOW		7:15AM - 7:45AM VIRTUAL GRIT Strength
7:00PM - 7:30PM VIRTUAL BODYFLOW	5:00PM - 5:45PM VIRTUAL BODYFLOW	Group X (ELK)	5:00PM - 5:45PM VIRTUAL BODYFLOW	3:00PM - 3:45PM VIRTUAL BODYFLOW	11:30AM - 12:00PM VIRTUAL GRIT Cardio	7:15AM - 7:45AM VIRTUAL GRIT Athletic
Group X (ELK)	Group X (ELK)		7:00AM - 7:30AM VIRTUAL GRIT Strength	Group X (ELK)	4:00PM - 4:45PM VIRTUAL BODYFLOW	12:00PM - 12:45PM VIRTUAL BODYPUMP
		7:00AM - 7:30AM VIRTUAL GRIT Strength	5:00PM - 5:45PM VIRTUAL BODYFLOW		5:00PM - 5:45PM VIRTUAL BODYFLOW	1:00PM - 1:45PM VIRTUAL SH'BAM
7:00AM - 7:30AM VIRTUAL GRIT Athletic	5:15AM - 6:00AM VIRTUAL BODYPUMP	10:00AM - 10:45AM VIRTUAL BODYPUMP	5:15AM - 6:00AM VIRTUAL BODYPUMP	6:00PM - 6:45PM VIRTUAL BODYFLOW	2:00PM - 2:45PM VIRTUAL BODYPUMP	10:00AM - 10:45AM VIRTUAL SH'BAM
10:00AM - 10:45AM VIRTUAL BODYPUMP	6:15AM - 6:45AM VIRTUAL GRIT Cardio	11:00AM - 11:45AM VIRTUAL SH'BAM	6:15AM - 6:45AM VIRTUAL GRIT Cardio	7:00PM - 7:30PM VIRTUAL BODYFLOW	3:00PM - 3:30PM VIRTUAL GRIT Athletic	11:00AM - 11:30AM VIRTUAL GRIT Athletic
11:00AM - 11:45AM VIRTUAL SH'BAM	7:00AM - 7:45AM VIRTUAL SH'BAM	2:00PM - 2:30PM VIRTUAL GRIT Cardio	7:00AM - 7:45AM VIRTUAL SH'BAM	Group X (ELK)	4:00PM - 4:30PM VIRTUAL GRIT Strength	12:00PM - 12:45PM VIRTUAL BODYPUMP
2:00PM - 2:30PM VIRTUAL GRIT Cardio	10:00AM - 10:30AM VIRTUAL GRIT Athletic	3:00PM - 3:45PM VIRTUAL BODYPUMP	11:00AM - 11:45AM VIRTUAL SH'BAM		7:00AM - 7:30AM VIRTUAL GRIT Athletic	1:00PM - 1:45PM VIRTUAL SH'BAM
3:00PM - 3:45PM VIRTUAL BODYPUMP	11:00AM - 11:45AM VIRTUAL SH'BAM	4:00PM - 4:45PM VIRTUAL SH'BAM	12:00PM - 12:45PM VIRTUAL BODYPUMP	8:00AM - 8:45AM VIRTUAL BODYPUMP	Cycling (ELK)	2:00PM - 2:45PM VIRTUAL BODYPUMP
4:00PM - 4:45PM VIRTUAL SH'BAM	12:00PM - 12:45PM VIRTUAL BODYPUMP	Cycling (ELK)	2:00PM - 2:45PM VIRTUAL BODYPUMP	9:00AM - 9:45AM VIRTUAL SH'BAM		8:30AM - 9:00AM VIRTUAL RPM
Cycling (ELK)	3:00PM - 3:45PM VIRTUAL SH'BAM		5:15AM - 5:45AM VIRTUAL RPM	3:00PM - 3:45PM VIRTUAL SH'BAM	Group X (ELK)	9:30AM - 10:00AM VIRTUAL RPM
	5:15AM - 5:45AM VIRTUAL RPM	6:15AM - 6:45AM VIRTUAL RPM	4:15PM - 4:45PM VIRTUAL GRIT Athletic	7:00AM - 7:30AM VIRTUAL GRIT Cardio		11:30AM - 12:00PM VIRTUAL RPM
6:15AM - 6:45AM VIRTUAL RPM	7:00PM - 7:30PM VIRTUAL GRIT Strength	7:00AM - 7:30AM VIRTUAL RPM	7:00PM - 7:30PM VIRTUAL	3:00PM - 3:45PM VIRTUAL	12:30PM - 1:00PM VIRTUAL	
	Cycling (ELK)					

7:00AM - 7:30AM	VIRTUAL RPM
11:00AM - 11:30AM	VIRTUAL RPM
12:00PM - 12:30PM	VIRTUAL RPM
1:00PM - 1:30PM	VIRTUAL RPM
2:00PM - 2:30PM	VIRTUAL RPM
3:00PM - 3:30PM	VIRTUAL RPM
4:00PM - 4:30PM	VIRTUAL RPM
5:00PM - 5:30PM	VIRTUAL RPM
6:00PM - 6:30PM	VIRTUAL RPM
7:00PM - 7:30PM	VIRTUAL RPM

7:00AM - 7:30AM	VIRTUAL RPM
8:00AM - 8:30AM	VIRTUAL RPM
9:00AM - 9:30AM	VIRTUAL RPM
10:00AM - 10:30AM	VIRTUAL RPM
11:00AM - 11:30AM	VIRTUAL RPM
2:00PM - 2:30PM	VIRTUAL RPM
3:00PM - 3:30PM	VIRTUAL RPM
4:00PM - 4:30PM	VIRTUAL RPM

11:00AM - 11:30AM	VIRTUAL RPM
12:00PM - 12:30PM	VIRTUAL RPM
1:00PM - 1:30PM	VIRTUAL RPM
2:00PM - 2:30PM	VIRTUAL RPM
3:00PM - 3:30PM	VIRTUAL RPM
4:00PM - 4:30PM	VIRTUAL RPM
5:00PM - 5:30PM	VIRTUAL RPM
6:00PM - 6:30PM	VIRTUAL RPM

Cycling (ELK)	
7:00AM - 7:30AM	VIRTUAL RPM
8:00AM - 8:30AM	VIRTUAL RPM
9:00AM - 9:30AM	VIRTUAL RPM
10:00AM - 10:30AM	VIRTUAL RPM
11:00AM - 11:30AM	VIRTUAL RPM
2:00PM - 2:30PM	VIRTUAL RPM
3:00PM - 3:30PM	VIRTUAL RPM
4:00PM - 4:30PM	VIRTUAL RPM

4:00PM - 4:45PM	BODYPUMP VIRTUAL SH'BAM
6:00PM - 6:45PM	VIRTUAL BODYPUMP

Cycling (ELK)	
5:15AM - 5:45AM	VIRTUAL RPM
6:15AM - 6:45AM	VIRTUAL RPM
7:00AM - 7:30AM	VIRTUAL RPM
10:00AM - 10:30AM	VIRTUAL RPM
11:00AM - 11:30AM	VIRTUAL RPM
12:00PM - 12:30PM	VIRTUAL RPM
1:00PM - 1:30PM	VIRTUAL RPM
2:00PM - 2:30PM	VIRTUAL RPM
3:00PM - 3:30PM	VIRTUAL RPM
4:00PM - 4:30PM	VIRTUAL RPM
5:00PM - 5:30PM	VIRTUAL RPM
6:00PM - 6:30PM	VIRTUAL RPM
7:00PM - 7:30PM	VIRTUAL RPM

1:30PM - 2:00PM	RPM VIRTUAL RPM
2:30PM - 3:00PM	VIRTUAL RPM
3:30PM - 4:00PM	VIRTUAL RPM

8:30AM - 9:00AM	RPM VIRTUAL RPM
9:30AM - 10:00AM	VIRTUAL RPM
11:30AM - 12:00PM	VIRTUAL RPM
12:30PM - 1:00PM	VIRTUAL RPM
1:30PM - 2:00PM	VIRTUAL RPM
2:30PM - 3:00PM	VIRTUAL RPM



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



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



A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.



Learn the basic moves and format of a LES MILLS GRIT workout in this quick introduction.



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.

Beacon Health & Fitness - Elkhart Group Exercise Schedule