



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--|
| Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) | Yoga/Pilates (GR) |
| 5:15AM - 6:00AM VIRTUAL BODYFLOW | 5:30AM - 6:15AM VIRTUAL BODYFLOW | 6:00AM - 6:45AM VIRTUAL BODYFLOW | 5:30AM - 6:15AM VIRTUAL BODYFLOW | 6:00AM - 6:45AM VIRTUAL BODYFLOW | 11:00AM - 11:45AM VIRTUAL BODYFLOW | 7:00AM - 7:45AM VIRTUAL BODYFLOW |
| 6:00AM - 6:45AM VIRTUAL BODYFLOW | 7:00AM - 7:45AM VIRTUAL BODYFLOW | 7:00AM - 7:45AM VIRTUAL BODYFLOW | 7:00AM - 7:45AM VIRTUAL BODYFLOW | 7:00AM - 7:45AM VIRTUAL BODYFLOW | 12:00PM - 12:45PM VIRTUAL BODYFLOW | 8:00AM - 8:45AM VIRTUAL BODYFLOW |
| 7:00AM - 7:45AM VIRTUAL BODYFLOW | 8:00AM - 8:45AM VIRTUAL BODYFLOW | 9:00AM - 9:45AM VIRTUAL BODYFLOW | 8:00AM - 8:45AM VIRTUAL BODYFLOW | 8:00AM - 8:45AM VIRTUAL BODYFLOW | 1:00PM - 1:45PM VIRTUAL BODYFLOW | 9:00AM - 9:45AM VIRTUAL BODYFLOW |
| 9:00AM - 9:45AM VIRTUAL BODYFLOW | 9:00AM - 9:45AM VIRTUAL BODYFLOW | 10:00AM - 10:45AM VIRTUAL BODYFLOW | 9:00AM - 9:45AM VIRTUAL BODYFLOW | 9:00AM - 9:45AM VIRTUAL BODYFLOW | 2:00PM - 2:45PM VIRTUAL BODYFLOW | 10:00AM - 10:45AM VIRTUAL BODYFLOW |
| 11:00AM - 11:45AM VIRTUAL BODYFLOW | 2:00PM - 2:45PM VIRTUAL BODYFLOW | 11:00AM - 11:45AM VIRTUAL BODYFLOW | 1:00PM - 1:45PM VIRTUAL BODYFLOW | 12:00PM - 12:45PM VIRTUAL BODYFLOW | 3:00PM - 3:45PM VIRTUAL BODYFLOW | 11:00AM - 11:45AM VIRTUAL BODYFLOW |
| 12:00PM - 12:45PM VIRTUAL BODYFLOW | 3:00PM - 3:45PM VIRTUAL BODYFLOW | 12:00PM - 12:45PM VIRTUAL BODYFLOW | 2:00PM - 2:45PM VIRTUAL BODYFLOW | 1:00PM - 1:45PM VIRTUAL BODYFLOW | 4:00PM - 4:45PM VIRTUAL BODYFLOW | 12:00PM - 12:45PM VIRTUAL BODYFLOW |
| 2:00PM - 2:45PM VIRTUAL BODYFLOW | 4:00PM - 4:45PM VIRTUAL BODYFLOW | 1:00PM - 1:45PM VIRTUAL BODYFLOW | 3:00PM - 3:45PM VIRTUAL BODYFLOW | 2:00PM - 2:45PM VIRTUAL BODYFLOW | Cycling (GR) | 1:00PM - 1:45PM VIRTUAL BODYFLOW |
| 3:00PM - 3:45PM VIRTUAL BODYFLOW | 7:00PM - 7:45PM VIRTUAL BODYFLOW | 2:00PM - 2:45PM VIRTUAL BODYFLOW | 4:00PM - 4:45PM VIRTUAL BODYFLOW | 3:00PM - 3:45PM VIRTUAL BODYFLOW | | 9:15AM - 9:45AM VIRTUAL RPM |
| 7:30PM - 8:15PM VIRTUAL BODYFLOW | 8:00PM - 8:45PM VIRTUAL BODYFLOW | 3:00PM - 3:45PM VIRTUAL BODYFLOW | 7:00PM - 7:45PM VIRTUAL BODYFLOW | 4:00PM - 4:45PM VIRTUAL BODYFLOW | 10:00AM - 10:50AM VIRTUAL RPM | 3:00PM - 3:45PM VIRTUAL BODYFLOW |
| Cycling (GR) | Cycling (GR) | 7:00PM - 7:45PM VIRTUAL BODYFLOW | 8:00PM - 8:45PM VIRTUAL BODYFLOW | 5:00PM - 5:45PM VIRTUAL BODYFLOW | 11:00AM - 11:30AM VIRTUAL RPM | 4:00PM - 4:45PM VIRTUAL BODYFLOW |
| 7:00AM - 7:30AM VIRTUAL RPM | 5:15AM - 6:05AM VIRTUAL RPM | 8:00PM - 8:45PM VIRTUAL BODYFLOW | Cycling (GR) | 6:00PM - 6:45PM VIRTUAL BODYFLOW | 11:45AM - 12:35PM VIRTUAL RPM | Cycling (GR) |
| 8:00AM - 8:30AM VIRTUAL RPM | 7:00AM - 7:30AM VIRTUAL RPM | Cycling (GR) | | 7:00PM - 7:45PM VIRTUAL BODYFLOW | 7:00AM - 7:30AM VIRTUAL RPM | 1:00PM - 1:50PM VIRTUAL RPM |
| 9:00AM - 9:30AM VIRTUAL RPM | 8:00AM - 8:30AM VIRTUAL RPM | 7:00AM - 7:30AM VIRTUAL RPM | 5:15AM - 6:05AM VIRTUAL RPM | 8:00PM - 8:45PM VIRTUAL BODYFLOW | 2:00PM - 2:50PM VIRTUAL RPM | 8:15AM - 8:45AM VIRTUAL RPM |
| 11:00AM - 11:50AM VIRTUAL RPM | 10:00AM - 10:30AM VIRTUAL RPM | 8:00AM - 8:30AM VIRTUAL RPM | 7:00AM - 7:30AM VIRTUAL RPM | Cycling (GR) | 3:00PM - 3:50PM VIRTUAL RPM | 9:00AM - 9:50AM VIRTUAL RPM |
| 2:00PM - 2:30PM VIRTUAL RPM | 11:00AM - 11:30AM VIRTUAL RPM | 10:00AM - 10:30AM VIRTUAL RPM | 8:00AM - 8:30AM VIRTUAL RPM | | 7:00AM - 7:30AM VIRTUAL RPM | 4:00PM - 4:30PM VIRTUAL RPM |
| 3:00PM - 3:30PM VIRTUAL RPM | 12:00PM - 12:50PM VIRTUAL RPM | 11:00AM - 11:50AM VIRTUAL RPM | 10:00AM - 10:30AM VIRTUAL RPM | 8:00AM - 8:30AM VIRTUAL RPM | Group X (GR) | 11:00AM - 11:30AM VIRTUAL RPM |
| 4:00PM - 4:50PM VIRTUAL RPM | 1:00PM - 1:50PM VIRTUAL RPM | 2:00PM - 2:30PM VIRTUAL RPM | 11:00AM - 11:30AM VIRTUAL RPM | 9:00AM - 9:30AM VIRTUAL RPM | | 11:00AM - 11:30AM VIRTUAL GRIT Cardio |
| 7:00PM - 7:50PM VIRTUAL RPM | 2:00PM - 2:30PM VIRTUAL RPM | 3:00PM - 3:30PM VIRTUAL RPM | 12:00PM - 12:50PM VIRTUAL RPM | 10:00AM - 10:30AM VIRTUAL RPM | 12:00PM - 12:45PM VIRTUAL BODYPUMP | 1:00PM - 1:50PM VIRTUAL RPM |
| Group X (GR) | 3:00PM - 3:30PM VIRTUAL | 4:00PM - 4:50PM VIRTUAL | 1:00PM - 1:50PM VIRTUAL RPM | 11:00AM - 11:50AM VIRTUAL | 1:00PM - 1:45PM VIRTUAL | 2:00PM - 2:50PM VIRTUAL |
| | | | 2:00PM - 2:30PM VIRTUAL | 2:00PM - 2:30PM VIRTUAL | | |

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| 5:15AM - 5:45AM | VIRTUAL BODYPUMP |
| 6:00AM - 6:30AM | VIRTUAL SH'BAM |
| 7:00AM - 7:30AM | VIRTUAL GRIT Athletic |
| 8:00AM - 8:30AM | VIRTUAL BODYPUMP |
| 1:00PM - 1:45PM | VIRTUAL SH'BAM |
| 2:00PM - 2:45PM | VIRTUAL BODYPUMP |
| 3:00PM - 3:30PM | VIRTUAL GRIT Cardio |
| 8:00PM - 8:30PM | VIRTUAL BODYPUMP |

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| 4:00PM - 4:50PM | RPM VIRTUAL RPM |
| 6:30PM - 7:00PM | VIRTUAL RPM |
| 7:15PM - 7:45PM | VIRTUAL RPM |
| 8:00PM - 8:30PM | VIRTUAL RPM |

Group X (GR)

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| 7:00AM - 7:30AM | VIRTUAL BODYPUMP |
| 10:00AM - 10:45AM | VIRTUAL BODYPUMP |
| 11:00AM - 11:45AM | VIRTUAL SH'BAM |
| 12:00PM - 12:30PM | VIRTUAL BODYPUMP |
| 2:00PM - 2:45PM | VIRTUAL BODYPUMP |
| 3:00PM - 3:45PM | VIRTUAL SH'BAM |
| 4:00PM - 4:30PM | VIRTUAL GRIT Cardio |
| 6:30PM - 7:15PM | VIRTUAL SH'BAM |
| 7:30PM - 8:00PM | VIRTUAL GRIT Cardio |

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| 7:00PM - 7:50PM | RPM VIRTUAL RPM |
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Group X (GR)

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| 5:15AM - 5:45AM | VIRTUAL BODYPUMP |
| 7:00AM - 7:30AM | VIRTUAL GRIT Athletic |
| 8:00AM - 8:30AM | VIRTUAL SH'BAM |
| 1:00PM - 1:45PM | VIRTUAL SH'BAM |
| 2:00PM - 2:30PM | VIRTUAL GRIT Strength |
| 3:00PM - 3:45PM | VIRTUAL BODYPUMP |
| 7:45PM - 8:15PM | VIRTUAL BODYPUMP |

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| 3:00PM - 3:30PM | RPM VIRTUAL RPM |
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| 4:00PM - 4:50PM | VIRTUAL RPM |
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| 6:30PM - 7:00PM | VIRTUAL RPM |
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| 7:15PM - 7:45PM | VIRTUAL RPM |
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| 8:00PM - 8:30PM | VIRTUAL RPM |
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Group X (GR)

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| 7:00AM - 7:30AM | VIRTUAL BODYPUMP |
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| 11:00AM - 11:45AM | VIRTUAL BODYPUMP |
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| 12:00PM - 12:45PM | VIRTUAL SH'BAM |
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| 1:00PM - 1:30PM | VIRTUAL GRIT Cardio |
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| 2:00PM - 2:45PM | VIRTUAL SH'BAM |
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| 3:00PM - 3:45PM | VIRTUAL BODYPUMP |
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| 4:00PM - 4:30PM | VIRTUAL GRIT Athletic |
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| 7:30PM - 8:15PM | VIRTUAL BODYPUMP |
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| 2:00PM - 2:50PM | RPM VIRTUAL RPM |
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| 3:00PM - 3:50PM | VIRTUAL RPM |
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| 4:00PM - 4:50PM | VIRTUAL RPM |
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| 5:00PM - 5:50PM | VIRTUAL RPM |
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| 6:00PM - 6:30PM | VIRTUAL RPM |
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| 7:00PM - 7:50PM | VIRTUAL RPM |
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| 8:00PM - 8:30PM | VIRTUAL RPM |
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Group X (GR)

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| 5:15AM - 5:45AM | VIRTUAL BODYPUMP |
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| 6:00AM - 6:30AM | VIRTUAL SH'BAM |
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| 7:00AM - 7:30AM | VIRTUAL GRIT Athletic |
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| 10:00AM - 10:45AM | VIRTUAL BODYPUMP |
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| 1:00PM - 1:45PM | VIRTUAL SH'BAM |
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| 2:00PM - 2:45PM | VIRTUAL BODYPUMP |
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| 3:00PM - 3:30PM | VIRTUAL GRIT Strength |
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| 4:00PM - 4:45PM | VIRTUAL SH'BAM |
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| 5:00PM - 5:45PM | VIRTUAL BODYPUMP |
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| 6:00PM - 6:30PM | VIRTUAL GRIT Cardio |
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| 7:00PM - 7:45PM | VIRTUAL SH'BAM |
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| 2:00PM - 2:45PM | SH'BAM VIRTUAL BODYPUMP |
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| 3:00PM - 3:30PM | VIRTUAL GRIT Cardio |
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| 4:00PM - 4:45PM | VIRTUAL SH'BAM |
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| 3:00PM - 3:50PM | RPM VIRTUAL RPM |
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| 4:00PM - 4:30PM | VIRTUAL RPM |
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Group X (GR)

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| 7:15AM - 7:45AM | VIRTUAL GRIT Athletic |
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| 8:00AM - 9:00AM | VIRTUAL BODYPUMP |
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| 9:15AM - 9:45AM | VIRTUAL GRIT Athletic |
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| 10:00AM - 10:45AM | VIRTUAL SH'BAM |
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| 11:00AM - 11:30AM | VIRTUAL GRIT Strength |
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| 12:00PM - 12:30PM | VIRTUAL GRIT Athletic |
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| 1:00PM - 1:30PM | VIRTUAL GRIT Cardio |
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| 2:00PM - 2:45PM | VIRTUAL BODYPUMP |
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| 3:00PM - 3:45PM | VIRTUAL SH'BAM |
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| 4:00PM - 4:30PM | VIRTUAL BODYPUMP |
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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 - Granger Group Exercise Timetable