



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>GroupX (SB)</b>	<b>GroupX (SB)</b>	<b>GroupX (SB)</b>	<b>GroupX (SB)</b>	<b>GroupX (SB)</b>	<b>GroupX (SB)</b>	<b>GroupX (SB)</b>
6:00AM - 6:45AM <b>VIRTUAL BODYPUMP</b>	7:00AM - 7:30AM <b>VIRTUAL SH'BAM</b>	8:00AM - 8:45AM <b>VIRTUAL BODYFLOW</b>	7:00AM - 7:30AM <b>VIRTUAL BODYFLOW</b>	7:15AM - 8:00AM <b>VIRTUAL SH'BAM</b>	7:15AM - 7:45AM <b>VIRTUAL SH'BAM</b>	7:15AM - 7:45AM <b>VIRTUAL SH'BAM</b>
8:00AM - 8:45AM <b>VIRTUAL BODYFLOW</b>	8:00AM - 8:30AM <b>VIRTUAL CXWORX</b>	9:00AM - 9:45AM <b>VIRTUAL SH'BAM</b>	2:00PM - 2:30PM <b>VIRTUAL CXWORX</b>	11:00AM - 11:45AM <b>VIRTUAL BODYPUMP</b>	12:00PM - 12:30PM <b>VIRTUAL CXWORX</b>	8:00AM - 9:00AM <b>VIRTUAL BODYPUMP</b>
9:00AM - 9:45AM <b>VIRTUAL SH'BAM</b>	2:00PM - 2:45PM <b>VIRTUAL SH'BAM</b>	10:00AM - 10:30AM <b>VIRTUAL CXWORX</b>	3:00PM - 3:45PM <b>VIRTUAL SH'BAM</b>	2:00PM - 2:45PM <b>VIRTUAL BODYFLOW</b>	1:00PM - 1:45PM <b>VIRTUAL BODYPUMP</b>	9:15AM - 9:45AM <b>VIRTUAL CXWORX</b>
10:00AM - 10:30AM <b>VIRTUAL CXWORX</b>	3:00PM - 3:30PM <b>VIRTUAL CXWORX</b>	2:00PM - 2:45PM <b>VIRTUAL SH'BAM</b>	4:00PM - 4:45PM <b>VIRTUAL BODYFLOW</b>	3:00PM - 3:30PM <b>VIRTUAL CXWORX</b>	2:00PM - 2:45PM <b>VIRTUAL BODYFLOW</b>	10:00AM - 10:45AM <b>VIRTUAL BODYFLOW</b>
12:15PM - 12:45PM <b>VIRTUAL SH'BAM</b>	4:00PM - 4:45PM <b>VIRTUAL BODYFLOW</b>	3:00PM - 3:45PM <b>VIRTUAL BODYFLOW</b>	6:45PM - 7:15PM <b>VIRTUAL BODYFLOW</b>	4:00PM - 4:45PM <b>VIRTUAL BODYPUMP</b>	3:00PM - 3:30PM <b>VIRTUAL SH'BAM</b>	11:00AM - 11:30AM <b>VIRTUAL SH'BAM</b>
2:00PM - 2:30PM <b>VIRTUAL CXWORX</b>	<b>Cycling (SB)</b>	4:00PM - 4:30PM <b>VIRTUAL CXWORX</b>	<b>Cycling (SB)</b>	5:00PM - 5:45PM <b>VIRTUAL BODYFLOW</b>	4:00PM - 4:30PM <b>VIRTUAL CXWORX</b>	12:00PM - 12:30PM <b>VIRTUAL CXWORX</b>
3:00PM - 3:45PM <b>VIRTUAL BODYFLOW</b>	5:30AM - 6:00AM <b>VIRTUAL RPM</b>	<b>Cycling (SB)</b>	5:15AM - 5:45AM <b>VIRTUAL RPM</b>	6:00PM - 6:45PM <b>VIRTUAL SH'BAM</b>	<b>Cycling (SB)</b>	1:00PM - 1:45PM <b>VIRTUAL BODYPUMP</b>
4:00PM - 4:45PM <b>VIRTUAL SH'BAM</b>	6:30AM - 7:00AM <b>VIRTUAL RPM</b>	6:00AM - 6:30AM <b>VIRTUAL RPM</b>	6:00AM - 6:30AM <b>VIRTUAL RPM</b>	<b>Cycling (SB)</b>	9:00AM - 9:30AM <b>VIRTUAL RPM</b>	2:00PM - 2:30PM <b>VIRTUAL CXWORX</b>
6:30PM - 7:00PM <b>VIRTUAL BODYPUMP</b>	7:30AM - 8:00AM <b>VIRTUAL RPM</b>	7:00AM - 7:30AM <b>VIRTUAL RPM</b>	7:00AM - 7:30AM <b>VIRTUAL RPM</b>	5:15AM - 5:45AM <b>VIRTUAL RPM</b>	10:00AM - 10:30AM <b>VIRTUAL RPM</b>	3:00PM - 3:30PM <b>VIRTUAL BODYPUMP</b>
<b>Cycling (SB)</b>	8:30AM - 9:00AM <b>VIRTUAL RPM</b>	8:00AM - 8:30AM <b>VIRTUAL RPM</b>	8:00AM - 8:30AM <b>VIRTUAL RPM</b>	6:00AM - 6:30AM <b>VIRTUAL RPM</b>	11:00AM - 11:30AM <b>VIRTUAL RPM</b>	<b>Cycling (SB)</b>
5:15AM - 5:45AM <b>VIRTUAL RPM</b>	9:30AM - 10:00AM <b>VIRTUAL RPM</b>	9:00AM - 9:30AM <b>VIRTUAL RPM</b>	9:00AM - 9:30AM <b>VIRTUAL RPM</b>	7:00AM - 7:30AM <b>VIRTUAL RPM</b>	12:00PM - 12:30PM <b>VIRTUAL RPM</b>	9:00AM - 9:30AM <b>VIRTUAL RPM</b>
6:00AM - 6:30AM <b>VIRTUAL RPM</b>	10:30AM - 11:00AM <b>VIRTUAL RPM</b>	10:00AM - 10:30AM <b>VIRTUAL RPM</b>	10:00AM - 10:30AM <b>VIRTUAL RPM</b>	8:00AM - 8:30AM <b>VIRTUAL RPM</b>	1:00PM - 1:30PM <b>VIRTUAL RPM</b>	10:00AM - 10:30AM <b>VIRTUAL RPM</b>
7:00AM - 7:30AM <b>VIRTUAL RPM</b>	1:30PM - 2:00PM <b>VIRTUAL RPM</b>	11:00AM - 11:30AM <b>VIRTUAL RPM</b>	11:00AM - 11:30AM <b>VIRTUAL RPM</b>	9:00AM - 9:30AM <b>VIRTUAL RPM</b>	2:00PM - 2:30PM <b>VIRTUAL RPM</b>	11:00AM - 11:30AM <b>VIRTUAL RPM</b>
8:00AM - 8:30AM <b>VIRTUAL RPM</b>	2:30PM - 3:00PM <b>VIRTUAL RPM</b>	1:00PM - 1:30PM <b>VIRTUAL RPM</b>	1:00PM - 1:30PM <b>VIRTUAL RPM</b>	10:00AM - 10:30AM <b>VIRTUAL RPM</b>	3:00PM - 3:50PM <b>VIRTUAL RPM</b>	12:00PM - 12:30PM <b>VIRTUAL RPM</b>
9:00AM - 9:30AM <b>VIRTUAL RPM</b>	3:30PM - 4:00PM <b>VIRTUAL RPM</b>	2:00PM - 2:30PM <b>VIRTUAL RPM</b>	2:00PM - 2:30PM <b>VIRTUAL RPM</b>	11:00AM - 11:30AM <b>VIRTUAL RPM</b>		1:00PM - 1:30PM <b>VIRTUAL RPM</b>
10:00AM - 10:30AM <b>VIRTUAL RPM</b>	5:30PM - 6:00PM <b>VIRTUAL RPM</b>	3:00PM - 3:30PM <b>VIRTUAL RPM</b>	3:00PM - 3:30PM <b>VIRTUAL RPM</b>	1:00PM - 1:30PM <b>VIRTUAL RPM</b>		2:00PM - 2:30PM <b>VIRTUAL RPM</b>
11:00AM - 11:30AM <b>VIRTUAL RPM</b>	6:30PM - 7:00PM <b>VIRTUAL RPM</b>	4:00PM - 4:30PM <b>VIRTUAL RPM</b>	4:00PM - 4:30PM <b>VIRTUAL RPM</b>	2:00PM - 2:30PM <b>VIRTUAL RPM</b>		
1:00PM - 1:30PM <b>VIRTUAL</b>		5:00PM - 5:30PM <b>VIRTUAL</b>	5:00PM - 5:30PM <b>VIRTUAL</b>	3:00PM - 3:30PM <b>VIRTUAL</b>		

2:00PM - 2:30PM	<b>RPM</b> <b>VIRTUAL</b> <b>RPM</b>
3:00PM - 3:30PM	<b>VIRTUAL</b> <b>RPM</b>
6:00PM - 6:30PM	<b>VIRTUAL</b> <b>RPM</b>
7:00PM - 7:50PM	<b>VIRTUAL</b> <b>RPM</b>

6:00PM - 6:30PM	<b>RPM</b> <b>VIRTUAL</b> <b>RPM</b>
7:00PM - 7:30PM	<b>VIRTUAL</b> <b>RPM</b>

6:30PM - 7:00PM	<b>RPM</b> <b>VIRTUAL</b> <b>RPM</b>
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4:00PM - 4:30PM	<b>RPM</b> <b>VIRTUAL</b> <b>RPM</b>
5:00PM - 5:30PM	<b>VIRTUAL</b> <b>RPM</b>
6:00PM - 6:30PM	<b>VIRTUAL</b> <b>RPM</b>



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

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

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30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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

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Fun-loving and insanely addictive dance workout. No dance experience required!



## Beacon Health & Fitness - South Bend Group Exercise Schedule