

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>5:10AM - 6:10AM</div> </div> <div> <div>ONDEMAND</div> <div>6:10AM - 9:00AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>RPM</div> </div> <div>9:00AM - 9:50AM</div> </div> <div> <div>ONDEMAND</div> <div>10:00AM - 12:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>12:15PM - 1:15PM</div> </div> <div> <div>ONDEMAND</div> <div>1:30PM - 4:30PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>4:30PM - 5:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>5:30PM - 6:30PM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>6:30PM - 7:30PM</div> </div>	<div> <div> <div>▶</div> <div>LES MILLS</div> <div>CORE</div> </div> <div>5:10AM - 5:40AM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>6:00AM - 7:00AM</div> </div> <div> <div>ONDEMAND</div> <div>7:00AM - 9:00AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>9:00AM - 9:30AM</div> </div> <div> <div>ONDEMAND</div> <div>10:00AM - 12:00PM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>12:15PM - 1:15PM</div> </div> <div> <div>ONDEMAND</div> <div>1:15PM - 4:30PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>4:30PM - 5:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>RPM</div> </div> <div>5:30PM - 6:20PM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>6:30PM - 7:30PM</div> </div>	<div> <div> <div>▶</div> <div>LES MILLS</div> <div>RPM</div> </div> <div>5:10AM - 6:00AM</div> </div> <div> <div>ONDEMAND</div> <div>6:00AM - 9:00AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>RPM</div> </div> <div>9:00AM - 9:50AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>10:00AM - 11:00AM</div> </div> <div> <div>ONDEMAND</div> <div>11:00AM - 12:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>12:15PM - 1:15PM</div> </div> <div> <div>ONDEMAND</div> <div>1:30PM - 4:30PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>4:30PM - 5:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>5:30PM - 6:30PM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> </div> <div>6:30PM - 7:30PM</div> </div>	<div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>5:10AM - 5:40AM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>6:00AM - 7:00AM</div> </div> <div> <div>ONDEMAND</div> <div>7:00AM - 9:00AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>9:00AM - 9:30AM</div> </div> <div> <div>ONDEMAND</div> <div>10:00AM - 12:00PM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>12:15PM - 1:15PM</div> </div> <div> <div>ONDEMAND</div> <div>1:15PM - 4:30PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>4:30PM - 5:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>RPM</div> </div> <div>5:30PM - 6:20PM</div> </div> <div> <div> <div>LES MILLS</div> <div>BODYFLOW</div> <div>▶</div> </div> <div>6:30PM - 7:30PM</div> </div>	<div> <div> <div>▶</div> <div>LES MILLS</div> <div>CORE</div> </div> <div>5:10AM - 5:40AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>6:00AM - 7:00AM</div> </div> <div> <div>ONDEMAND</div> <div>7:00AM - 9:00AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>9:00AM - 10:00AM</div> </div> <div> <div>ONDEMAND</div> <div>10:00AM - 11:00AM</div> </div> <div> <div>ONDEMAND</div> <div>11:00AM - 12:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>12:15PM - 12:45PM</div> </div> <div> <div>ONDEMAND</div> <div>12:45PM - 4:30PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>sprint</div> </div> <div>4:30PM - 5:00PM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>BODYPUMP</div> </div> <div>5:30PM - 6:30PM</div> </div>	<div> <div> <div>▶</div> <div>LES MILLS</div> <div>RPM</div> </div> <div>8:15AM - 9:05AM</div> </div> <div> <div> <div>▶</div> <div>LES MILLS</div> <div>CORE</div> </div> <div>9:30AM - 10:00AM</div> </div> <div> <div>ONDEMAND</div> <div>10:30AM - 1:00PM</div> </div>	

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.

ONDEMAND

On Demand

LES MILLS
BODYFLOW



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

LES MILLS
BODYPUMP

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

LES MILLS
CORE

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

LES MILLS
RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Yakima Athletic Club

Group Exercise Timetable