

YMCA - Northwest North Carolina - Kernersville Family Virtual GX Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYATTACK 5:30AM - 6:00AM Mind/Body Studio</p> <p>LES MILLS BODYCOMBAT 6:00AM - 6:45AM Mind/Body Studio</p> <p>LES MILLS RPM 6:45AM - 7:35AM Cycle Room</p> <p>LES MILLS sprint 8:15AM - 8:45AM Cycle Room</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:15AM Mind/Body Studio</p> <p>Yoga 9:30AM - 10:30AM Mind/Body Studio</p> <p>LES MILLS SH'BAM 10:45AM - 11:30AM Mind/Body Studio</p> <p>LES MILLS RPM 10:45AM - 11:35AM Cycle Room</p> <p>LES MILLS BODYPUMP 12:30PM - 1:00PM Mind/Body Studio</p> <p>LES MILLS sprint 1:00PM - 1:30PM Cycle Room</p> <p>LES MILLS BODYBALANCE 1:00PM - 1:45PM Mind/Body Studio</p> <p>LES MILLS BODYCOMBAT 3:00PM - 3:45PM Mind/Body Studio</p>	<p>LES MILLS RPM 5:30AM - 6:20AM Cycle Room</p> <p>LES MILLS BODYPUMP 5:45AM - 6:30AM Mind/Body Studio</p> <p>LES MILLS sprint 6:30AM - 7:00AM Cycle Room</p> <p>LES MILLS CORE 6:30AM - 7:00AM Mind/Body Studio</p> <p>LES MILLS BODYBALANCE 9:30AM - 10:30AM Mind/Body Studio</p> <p>Cycle 9:30AM - 10:15AM Cycle Room</p> <p>Chair Yoga 11:45AM - 12:45PM Mind/Body Studio</p> <p>LES MILLS CORE 1:00PM - 1:30PM Mind/Body Studio</p> <p>LES MILLS RPM 1:00PM - 1:30PM Cycle Room</p> <p>LES MILLS BODYATTACK 1:30PM - 2:15PM Mind/Body Studio</p> <p>LES MILLS BODYPUMP 2:30PM - 3:15PM Mind/Body Studio</p> <p>LES MILLS CORE 3:15PM - 3:45PM Mind/Body Studio</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:15AM Mind/Body Studio</p> <p>LES MILLS sprint 6:00AM - 6:30AM Cycle Room</p> <p>LES MILLS CORE 6:15AM - 7:00AM Mind/Body Studio</p> <p>LES MILLS BODYATTACK 7:15AM - 8:00AM Mind/Body Studio</p> <p>LES MILLS RPM 8:15AM - 9:05AM Cycle Room</p> <p>LES MILLS CORE 8:30AM - 9:00AM Mind/Body Studio</p> <p>LES MILLS sprint 9:30AM - 10:00AM Cycle Room</p> <p>Silver Sneakers Classic 9:45AM - 10:45AM Mind/Body Studio</p> <p>LES MILLS BODYBALANCE 10:45AM - 11:45AM Mind/Body Studio</p> <p>LES MILLS RPM 12:00PM - 12:50PM Cycle Room</p> <p>LES MILLS BODYPUMP 12:30PM - 1:00PM Mind/Body Studio</p> <p>LES MILLS sprint 1:00PM - 1:30PM Cycle Room</p>	<p>LES MILLS sprint 5:30AM - 6:00AM Cycle Room</p> <p>LES MILLS CORE 5:45AM - 6:15AM Mind/Body Studio</p> <p>LES MILLS BODYATTACK 6:15AM - 6:45AM Mind/Body Studio</p> <p>LES MILLS RPM 6:45AM - 7:35AM Cycle Room</p> <p>Cycle 9:30AM - 10:30AM Cycle Room</p> <p>LES MILLS SH'BAM 10:45AM - 11:30AM Mind/Body Studio</p> <p>LES MILLS BODYCOMBAT 12:15PM - 1:00PM Mind/Body Studio</p> <p>LES MILLS CORE 1:00PM - 1:30PM Mind/Body Studio</p> <p>LES MILLS RPM 1:00PM - 1:30PM Cycle Room</p> <p>LES MILLS BODYATTACK 1:30PM - 2:15PM Mind/Body Studio</p> <p>LES MILLS BODYPUMP 2:30PM - 3:15PM Mind/Body Studio</p> <p>LES MILLS CORE 3:15PM - 3:45PM Mind/Body Studio</p>	<p>LES MILLS BODYBALANCE 5:30AM - 6:30AM Mind/Body Studio</p> <p>LES MILLS RPM 6:00AM - 6:50AM Cycle Room</p> <p>LES MILLS BODYCOMBAT 8:30AM - 9:30AM Mind/Body Studio</p> <p>LES MILLS sprint 8:30AM - 9:00AM Cycle Room</p> <p>Silver Sneakers Classic 9:45AM - 10:30AM Mind/Body Studio</p> <p>Restorative Yoga 10:45AM - 11:45AM Mind/Body Studio</p> <p>LES MILLS BODYATTACK 12:15PM - 1:00PM Mind/Body Studio</p> <p>LES MILLS CORE 1:00PM - 1:30PM Mind/Body Studio</p> <p>LES MILLS sprint 1:15PM - 1:45PM Cycle Room</p> <p>LES MILLS BODYBALANCE 3:30PM - 4:15PM Mind/Body Studio</p> <p>LES MILLS SH'BAM 4:15PM - 5:00PM Mind/Body Studio</p> <p>LES MILLS RPM 4:30PM - 5:20PM Cycle Room</p>	<p>LES MILLS RPM 8:30AM - 9:20AM Cycle Room</p> <p>LES MILLS sprint 9:30AM - 10:00AM Cycle Room</p> <p>LES MILLS BODYBALANCE 11:00AM - 12:00PM Mind/Body Studio</p> <p>LES MILLS CORE 12:15PM - 12:45PM Mind/Body Studio</p> <p>LES MILLS SH'BAM 12:45PM - 1:30PM Mind/Body Studio</p> <p>LES MILLS BODYPUMP 1:30PM - 2:30PM Mind/Body Studio</p>	<p>LES MILLS BODYPUMP 12:30PM - 1:30PM Mind/Body Studio</p> <p>LES MILLS BODYCOMBAT 1:30PM - 2:30PM Mind/Body Studio</p> <p>LES MILLS sprint 1:45PM - 2:15PM Cycle Room</p> <p>LES MILLS CORE 2:30PM - 3:00PM Mind/Body Studio</p> <p>LES MILLS SH'BAM 3:00PM - 3:45PM Mind/Body Studio</p> <p>LES MILLS RPM 3:00PM - 3:50PM Cycle Room</p> <p>LES MILLS BODYATTACK 4:30PM - 5:15PM Mind/Body Studio</p>

Monday



4:30PM - 5:20PM
Cycle Room



5:15PM - 5:45PM
Mind/Body Studio

Zumba

6:00PM - 7:00PM
Mind/Body Studio



6:45PM - 7:15PM
Cycle Room



7:15PM - 8:05PM
Cycle Room



7:15PM - 8:00PM
Mind/Body Studio



8:05PM - 8:35PM
Cycle Room

Tuesday



3:45PM - 4:30PM
Mind/Body Studio



4:30PM - 5:00PM
Cycle Room



4:30PM - 5:15PM
Mind/Body Studio



5:15PM - 5:45PM
Mind/Body Studio



5:45PM - 6:35PM
Cycle Room

Yoga

6:45PM - 7:45PM
Mind/Body Studio

Wednesday



1:00PM - 1:45PM
Mind/Body Studio



3:00PM - 3:45PM
Mind/Body Studio



4:30PM - 5:20PM
Cycle Room

Yoga

5:45PM - 6:45PM
Mind/Body Studio



7:00PM - 7:30PM
Cycle Room



7:00PM - 7:45PM
Mind/Body Studio



7:30PM - 8:20PM
Cycle Room

Thursday



3:45PM - 4:30PM
Mind/Body Studio



4:30PM - 5:00PM
Cycle Room



4:30PM - 5:15PM
Mind/Body Studio



5:15PM - 5:45PM
Mind/Body Studio



5:45PM - 6:35PM
Cycle Room

Total Body Sculpt

6:15PM - 7:00PM
Mind/Body Studio



6:45PM - 7:15PM
Cycle Room

Friday



5:15PM - 5:45PM
Mind/Body Studio



5:30PM - 6:00PM
Cycle Room



5:45PM - 6:30PM
Mind/Body Studio



6:00PM - 6:50PM
Cycle Room



6:30PM - 7:15PM
Mind/Body Studio



7:00PM - 7:30PM
Cycle Room




7:15PM - 8:00PM
Mind/Body Studio



7:30PM - 8:20PM
Cycle Room

Saturday

Sunday



Mind/Body Studio & Cycle
Room Schedules