

# YMCA - Northwest North Carolina - Davie Family

# Les Mills VIRTUAL Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VIRTUAL SPRINT 30 Mins</b> 5:30AM - 6:00AM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 45 Mins</b> 5:30AM - 6:15AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 5:30AM - 6:00AM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 5:30AM - 6:30AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 5:30AM - 6:00AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 8:05AM - 8:50AM DV Group Exercise Studio	
<b>VIRTUAL CORE 30 Mins</b> 6:10AM - 6:40AM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 6:20AM - 7:05AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 6:05AM - 6:50AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 6:35AM - 7:05AM DV Group Exercise Studio	<b>VIRTUAL CORE Core 30 Mins</b> 6:05AM - 6:35AM DV Group Exercise Studio	<b>SPRINT</b> 9:00AM - 9:30AM DV Group Exercise Studio	
<b>VIRTUAL BODYBALANCE 60 Mins</b> 6:45AM - 7:45AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 7:10AM - 7:40AM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 6:55AM - 7:25AM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 7:10AM - 7:40AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 6:40AM - 7:40AM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 9:40AM - 10:40AM DV Group Exercise Studio	
<b>VIRTUAL CORE 30 Mins</b> 7:50AM - 8:20AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 7:45AM - 8:15AM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 45 Mins</b> 7:30AM - 8:15AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 7:45AM - 8:15AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 7:45AM - 8:15AM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 10:45AM - 11:30AM DV Group Exercise Studio	
<b>BODYCOMBAT™</b> 8:30AM - 9:30AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 8:30AM - 9:15AM DV Group Exercise Studio	<b>BODYPUMP™</b> 8:30AM - 9:30AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 8:30AM - 9:15AM DV Group Exercise Studio	<b>BODYPUMP™</b> 8:30AM - 9:30AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 11:40AM - 12:10PM DV Group Exercise Studio	
<b>BODYPUMP™</b> 9:45AM - 10:30AM DV Group Exercise Studio	<b>SPRINT</b> 9:35AM - 10:05AM DV Group Exercise Studio	<b>BODYCOMBAT™</b> 9:45AM - 10:30AM DV Group Exercise Studio	<b>SPRINT</b> 9:35AM - 10:05AM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 9:45AM - 10:30AM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 60 Mins</b> 12:20PM - 1:20PM DV Group Exercise Studio	
<b>VIRTUAL CORE 30 Mins</b> 10:45AM - 11:15AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 10:20AM - 11:20AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 10:35AM - 11:05AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 10:20AM - 11:20AM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 60 Mins</b> 10:35AM - 11:35AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 1:30PM - 2:30PM DV Group Exercise Studio	
<b>VIRTUAL BODYBALANCE 45 Mins</b> 11:20AM - 12:05PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 11:30AM - 12:00PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 11:10AM - 12:10PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 11:30AM - 12:00PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 11:40AM - 12:10PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 2:45PM - 3:15PM DV Group Exercise Studio	
<b>VIRTUAL SPRINT 30 Mins</b> 12:15PM - 12:45PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 45 Mins</b> 12:10PM - 12:55PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 12:15PM - 12:45PM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 45 Mins</b> 12:10PM - 12:55PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 12:15PM - 12:45PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 3:20PM - 3:50PM DV Group Exercise Studio	
<b>VIRTUAL CORE 45 Mins</b> 12:50PM - 1:35PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 1:00PM - 1:45PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 12:50PM - 1:20PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 1:00PM - 1:45PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 12:50PM - 1:20PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 11:50PM - 12:20AM DV Group Exercise Studio	
<b>VIRTUAL BODYBALANCE 60 Mins</b> 1:45PM - 2:45PM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 60 Mins</b> 1:55PM - 2:55PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 1:25PM - 1:55PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 1:55PM - 2:55PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 1:25PM - 1:55PM DV Group Exercise Studio		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VIRTUAL SPRINT 30 Mins</b> 2:55PM - 3:25PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 3:00PM - 4:00PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 2:00PM - 3:00PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 3:00PM - 4:00PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 2:05PM - 3:05PM DV Group Exercise Studio		
<b>VIRTUAL CORE 30 Mins</b> 3:35PM - 4:05PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 3:05PM - 4:05PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 3:15PM - 4:00PM DV Group Exercise Studio		
<b>VIRTUAL BODYCOMBAT 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 30 Mins</b> 5:00PM - 5:30PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 30 Mins</b> 5:00PM - 5:30PM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio		
<b>VIRTUAL CORE 30 Mins</b> 4:45PM - 5:15PM DV Group Exercise Studio	<b>BODYPUMP™</b> 5:45PM - 6:45PM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 30 Mins</b> 4:45PM - 5:15PM DV Group Exercise Studio	<b>BODYPUMP™</b> 5:45PM - 6:30PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 4:45PM - 5:15PM DV Group Exercise Studio		
<b>SPRINT</b> 5:30PM - 6:00PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 7:00PM - 7:45PM DV Group Exercise Studio	<b>SPRINT</b> 5:30PM - 6:00PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 6:45PM - 7:45PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 45 Mins</b> 5:30PM - 6:15PM DV Group Exercise Studio		
<b>Zumba</b> 6:10PM - 7:00PM DV Group Exercise Studio		<b>VIRTUAL BODYCOMBAT 45 Mins</b> 6:15PM - 7:00PM DV Group Exercise Studio		<b>VIRTUAL BODYBALANCE 45 Mins</b> 6:20PM - 7:05PM DV Group Exercise Studio		
<b>VIRTUAL SPRINT 30 Mins</b> 7:15PM - 7:45PM DV Group Exercise Studio		<b>VIRTUAL CORE 45 Mins</b> 7:10PM - 7:55PM DV Group Exercise Studio		<b>VIRTUAL SPRINT 30 Mins</b> 7:15PM - 7:45PM DV Group Exercise Studio		

**LES MILLS**  
**BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**LES MILLS**  
**BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**LES MILLS**  
**sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**LES MILLS**  
**BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

**LES MILLS**  
**BODYBALANCE**

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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**BODYBALANCE**

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

**LES MILLS**  
**BODYCOMBAT**

Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

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**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**  
**CORE**

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

**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**  
**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.

# YMCA - Northwest North Carolina - Davie Family Group Exercise Timetable