

YMCA - Northwest North Carolina - Davie Family Les Mills VIRTUAL Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYPUMP 45 Mins 5:30AM - 6:15AM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 5:30AM - 6:20AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 5:30AM - 6:00AM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 5:30AM - 6:20AM DV Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 5:30AM - 6:15AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 8:05AM - 8:50AM DV Group Exercise Studio	
VIRTUAL THE TRIP 45 Mins 6:25AM - 7:10AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 6:30AM - 7:30AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 6:05AM - 6:35AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 6:30AM - 7:15AM DV Group Exercise Studio	VIRTUAL CORE 45 Mins 6:25AM - 7:10AM DV Group Exercise Studio	SPRINT 9:00AM - 9:30AM DV Group Exercise Studio	
VIRTUAL SPRINT 30 Mins 7:15AM - 7:45AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 7:50AM - 8:20AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 6:40AM - 7:10AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 7:50AM - 8:20AM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 7:20AM - 8:10AM DV Group Exercise Studio	VIRTUAL CORE 45 Mins 10:45AM - 11:30AM DV Group Exercise Studio	
VIRTUAL CORE 30 Mins 7:50AM - 8:20AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 8:30AM - 9:15AM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 45 Mins 7:20AM - 8:05AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 8:30AM - 9:15AM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 45 Mins 8:30AM - 9:15AM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 11:40AM - 12:30PM DV Group Exercise Studio	
BODYCOMBAT™ 8:30AM - 9:30AM DV Group Exercise Studio	SPRINT 9:30AM - 10:00AM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 8:30AM - 9:20AM DV Group Exercise Studio	SPRINT 9:30AM - 10:00AM DV Group Exercise Studio	BODYPUMP™ 9:30AM - 10:15AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 12:40PM - 1:40PM DV Group Exercise Studio	
BODYPUMP™ 9:45AM - 10:30AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 10:15AM - 11:15AM DV Group Exercise Studio	BODYPUMP™ 9:30AM - 10:30AM DV Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 10:15AM - 11:00AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 10:25AM - 10:55AM DV Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 1:45PM - 2:30PM DV Group Exercise Studio	
VIRTUAL CORE 30 Mins 10:45AM - 11:15AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 11:30AM - 12:00PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 10:40AM - 11:10AM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 11:25AM - 12:15PM DV Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 11:00AM - 11:45AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 2:45PM - 3:15PM DV Group Exercise Studio	
VIRTUAL RPM 50 Mins 11:20AM - 12:10PM DV Group Exercise Studio	VIRTUAL BODYPUMP 45 Mins 12:20PM - 1:05PM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 11:15AM - 12:15PM DV Group Exercise Studio	VIRTUAL BODYPUMP 60 Mins 12:20PM - 1:20PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 11:50AM - 12:20PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 3:20PM - 3:50PM DV Group Exercise Studio	
VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 1:10PM - 2:00PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM DV Group Exercise Studio	VIRTUAL BODYATTACK 45 Mins 1:25PM - 2:10PM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 12:20PM - 1:10PM DV Group Exercise Studio		
VIRTUAL BODYCOMBAT 60 Mins 12:50PM - 1:50PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 2:15PM - 2:45PM DV Group Exercise Studio	VIRTUAL BODYPUMP 60 Mins 12:50PM - 1:50PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 2:15PM - 2:45PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 1:25PM - 1:55PM DV Group Exercise Studio		
VIRTUAL BODYPUMP 45 Mins 2:00PM - 2:45PM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 3:00PM - 4:00PM DV Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 2:00PM - 2:45PM DV Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 3:00PM - 3:45PM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 2:05PM - 3:05PM DV Group Exercise Studio		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL SPRINT 30 Mins 2:50PM - 3:20PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 3:05PM - 4:05PM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 4:10PM - 5:00PM DV Group Exercise Studio	VIRTUAL CORE 45 Mins 3:15PM - 4:00PM DV Group Exercise Studio		
VIRTUAL CORE 30 Mins 3:35PM - 4:05PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 30 Mins 5:00PM - 5:30PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 5:05PM - 5:35PM DV Group Exercise Studio	VIRTUAL BODYPUMP 60 Mins 4:10PM - 5:10PM DV Group Exercise Studio		
VIRTUAL BODYCOMBAT 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	BODYPUMP™ 5:45PM - 6:45PM DV Group Exercise Studio	VIRTUAL BODYATTACK 30 Mins 4:45PM - 5:15PM DV Group Exercise Studio	BODYPUMP™ 5:45PM - 6:30PM DV Group Exercise Studio	VIRTUAL THE TRIP 45 Mins 5:30PM - 6:15PM DV Group Exercise Studio		
VIRTUAL CORE 30 Mins 4:45PM - 5:15PM DV Group Exercise Studio	VIRTUAL RPM 50 Mins 6:55PM - 7:45PM DV Group Exercise Studio	SPRINT 5:30PM - 6:00PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 6:45PM - 7:45PM DV Group Exercise Studio	VIRTUAL BODYBALANCE 45 Mins 6:20PM - 7:05PM DV Group Exercise Studio		
SPRINT 5:30PM - 6:00PM DV Group Exercise Studio		VIRTUAL BODYCOMBAT 45 Mins 6:15PM - 7:00PM DV Group Exercise Studio		VIRTUAL RPM 50 Mins 7:10PM - 8:00PM DV Group Exercise Studio		
VIRTUAL BODYBALANCE 45 Mins 6:15PM - 7:00PM DV Group Exercise Studio		VIRTUAL THE TRIP 45 Mins 7:10PM - 7:55PM DV Group Exercise Studio				
VIRTUAL SPRINT 30 Mins 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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BODYATTACK

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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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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BODYCOMBAT

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

LES MILLS
BODYPUMP

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

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
CORE

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.

LES MILLS
THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.



YMCA - Northwest North
Carolina - Davie Family
Group Exercise Timetable