

# STOKES FAMILY YMCA

## Les Mills Virtual Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP</b> 5:30am-6:30am	<b>RPM</b> 5:30am-6:20am	<b>BODYPUMP</b> 5:30am-6:30am	<b>RPM</b> 5:30am-6:20am	<b>BODYPUMP</b> 5:30am-6:30am		
<b>ON DEMAND</b> 6:30am-8:30am	<b>BODYBALANCE</b> 6:30am-7:30am	<b>ON DEMAND</b> 6:30am-8:30am	<b>BODYBALANCE</b> 6:30am-7:30am	<b>CORE</b> 6:15am-6:45am		
<b>BODYCOMBAT</b> 8:30am-9:30am	<b>ON DEMAND</b> 7:30am-8:30am	<b>BODYCOMBAT</b> 8:30am-9:30am	<b>ON DEMAND</b> 7:30am-8:30am	<b>ON DEMAND</b> 6:45am-8:30am		
<b>BODYPUMP</b> 9:30am-10:30am	<b>RPM</b> 8:30am-9:20am	<b>BODYPUMP</b> 9:30am-10:30am	<b>RPM</b> 8:30am-9:20am	<b>BODYCOMBAT</b> 8:30am-9:30am		
<b>CORE</b> 10:30am-11:00am	<b>DANCE</b> 9:30am-10:15am	<b>RPM</b> 10:30am-11:20am	<b>DANCE</b> 9:30am-10:15am	<b>BODYPUMP</b> 9:30am-10:30am	<b>DANCE</b> 9:00am-9:45am	
<b>ON DEMAND</b> 12:00pm-4:30pm	<b>SPRINT</b> 10:30am-11:00am	<b>ON DEMAND</b> 12:00pm-4:30pm	<b>SPRINT</b> 10:30am-11:00am	<b>CORE</b> 10:30am-11:00am	<b>BODYCOMBAT</b> 9:45am-10:30am	
<b>BODYBALANCE</b> 4:30pm-5:30pm	<b>ON DEMAND</b> 12:00pm-4:30pm	<b>BODYBALANCE</b> 4:30pm-5:30pm	<b>ON DEMAND</b> 12:00pm-4:30pm	<b>ON DEMAND</b> 12:00pm-4:30pm	<b>CORE</b> 10:30am-11:15am	
<b>BODYCOMBAT</b> 6:00pm-6:30pm	<b>SH'BAM</b> 4:30pm-5:15pm	<b>BODYCOMBAT</b> 6:00pm-6:30pm	<b>SH'BAM</b> 4:30pm-5:15pm	<b>BODYPUMP</b> 4:30pm-5:30pm	<b>ON DEMAND</b> 11:15pm-4:30pm	
<b>SPRINT</b> 6:30pm-7:00pm	<b>BODYPUMP</b> 6:00pm-7:00pm	<b>SPRINT</b> 6:30pm-7:00pm	<b>BODYPUMP</b> 6:00pm-7:00pm	<b>SPRINT</b> 5:30pm-6:00pm		
<b>CORE</b> 7:00pm-7:30pm	<b>BODYBALANCE</b> 7:00pm-7:45pm	<b>CORE</b> 7:00pm-7:30pm	<b>BODYBALANCE</b> 7:00pm-7:45pm	<b>BODYCOMBAT</b> 6:00pm-7:00pm		