


2022 MARCH LES MILLS ROOM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|--|--|
| | 1ST | 2ND | 3RD | 4TH | 5TH | 6TH |
|  | 5:40 am BodyCombat Virt 6:45 am Yoga Virtual 9:00 am BodyBlast 1:00 BodyPumpVirtual 2:00 pm Sh'Bam Virtual 4:30 pm BodyPump Virt 5:30 pm TABATA | 5:35 am AM ENERGIZER 6:45 am Sh'Bam Virtual 8:00 am Step n' Sweat 12:00 BodyPump Virtual 2:00 pm Sh'Bam Virtua 3:15 pm Bodypump Virtual 4:45 pm BodyPump 6:00 pm BodyPump Virtual | 5:40 am CxWorx Virtual 6:45 am CxWorx Virtual 8:00 am BodyPump 9:00 am BodyBlast 1:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 4:45 pm BodyPump | 5:40 am BodyPump Virtual 6:45 am BodyPump Virtual 12:00pm BodyPump Virtual 2:00 pm Sh'Bam Virtual 2:45 pm CxWorx Virtual 3:15 pm BodyPump Virtual 4:30 pm BodyPump Virt. | 8:35am BodyPump 9:40 Core (CxWorx) 10:25 am Yoga Virtual 12:00 am Core Virtual 1:00 pm BodyPump Virtual 2:00 pm Sh'Bam Virtual | 12:15 pm Virtual BodyPump |
| 7TH | 8TH | 9TH | 10TH | 11TH | 12TH | 13TH |
| 5:40 am BodyPump Virt. 6:45 am BodyPump Virtual 8:00 am Interval/Circuit 12:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 3:15 pm Bodypump Virtual 4:45 pm BodyPump | 5:40 am BodyCombat Virt 6:45 am Yoga Virtual 9:00 am BodyBlast 1:00 BodyPumpVirtual 2:00 pm Sh'Bam Virtual 4:30 pm BodyPump Virt 5:30 pm TABATA | 5:35 am AM ENERGIZER 6:45 am Sh'Bam Virtual 8:00 am Step n' Sweat 11:30 BodyPump Virtual 1:00-2:30 Jag Program 3:15 pm Bodypump Virtual 4:45 pm BodyPump 6:00 pm BodyPump Virtual | 5:40 am CxWorx Virtual 6:45 am CxWorx Virtual 8:00 am BodyPump 9:00 am BodyBlast 1:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 4:45 pm BodyPump | 5:40 am BodyPump Virtual 6:45 am BodyPump Virtual 12:00pm BodyPump Virtual 2:00 pm Sh'Bam Virtual 2:45 pm CxWorx Virtual 3:15 pm BodyPump Virtual 4:30 pm BodyPump Virt. | 8:35am BodyPump 9:40 Core (CxWorx) 10:25 am Yoga Virtual 12:00 am Core Virtual 1:00 pm BodyPump Virtual 2:00 pm Sh'Bam Virtual | 12:15 pm Virtual BodyPump |
| 14TH | 15TH | 16TH | 17TH | 18TH | 19TH | 20TH |
| 5:40 am BodyPump Virt. 6:45 am BodyPump Virtual 8:00 am Interval/Circuit 12:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 3:15 pm Bodypump Virtual 4:45 pm BodyPump | 5:40 am BodyCombat Virt 6:45 am Yoga Virtual 9:00 am BodyBlast 1:00 BodyPumpVirtual 2:00 pm Sh'Bam Virtual 4:30 pm BodyPump Virt 5:30 pm TABATA | 5:35 am AM ENERGIZER 6:45 am Sh'Bam Virtual 8:00 am Step n' Sweat 11:30 BodyPump Virtual 1:00-2:30 Jag Program 3:15 pm Bodypump Virtual 4:45 pm BodyPump 6:00 pm BodyPump Virtual | 5:40 am CxWorx Virtual 6:45 am CxWorx Virtual 8:00 am BodyPump 9:00 am BodyBlast 1:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 4:45 pm BodyPump | 5:40 am BodyPump Virtual 6:45 am BodyPump Virtual 12:00pm BodyPump Virtual 2:00 pm Sh'Bam Virtual 2:45 pm CxWorx Virtual 3:15 pm BodyPump Virtual 4:30 pm BodyPump Virt. | 8:35am BodyPump 9:40 Core (CxWorx) 10:25 am Yoga Virtual 12:00 am Core Virtual 1:00 pm BodyPump Virtual 2:00 pm Sh'Bam Virtual | 12:15 pm Virtual BodyPump |
| 21ST | 22ND | 23RD | 24TH | 25TH | 26TH | 27TH |
| 5:40 am BodyPump Virt. 6:45 am BodyPump Virtual 8:00 am Interval/Circuit 12:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 3:15 pm Bodypump Virtual 4:45 pm BodyPump | 5:40 am BodyCombat Virt 6:45 am Yoga Virtual 9:00 am BodyBlast 1:00 BodyPumpVirtual 2:00 pm Sh'Bam Virtual 4:30 pm BodyPump Virt 5:30 pm TABATA | 5:35 am AM ENERGIZER 6:45 am Sh'Bam Virtual 8:00 am Step n' Sweat 11:30 BodyPump Virtual 1:00-2:30 Jag Program 3:15 pm Bodypump Virtual 4:45 pm BodyPump 6:00 pm BodyPump Virtual | 5:40 am CxWorx Virtual 6:45 am CxWorx Virtual 8:00 am BodyPump 9:00 am BodyBlast 1:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 4:45 pm BodyPump | 5:40 am BodyPump Virtual 6:45 am BodyPump Virtual 12:00pm BodyPump Virtual 2:00 pm Sh'Bam Virtual 2:45 pm CxWorx Virtual 3:15 pm BodyPump Virtual 4:30 pm BodyPump Virt. | 8:35am BodyPump 9:40 Core (CxWorx) 10:25 am Yoga Virtual 12:00 am Core Virtual 1:00 pm BodyPump Virtual 2:00 pm Sh'Bam Virtual | 12:15 pm Virtual BodyPump |
| 28TH | 29TH | 30TH | 31ST | | | |
| 5:40 am BodyPump Virt. 6:45 am BodyPump Virtual 8:00 am Interval/Circuit 12:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 3:15 pm Bodypump Virtual 4:45 pm BodyPump | 5:40 am BodyCombat Virt 6:45 am Yoga Virtual 9:00 am BodyBlast 1:00 BodyPumpVirtual 2:00 pm Sh'Bam Virtual 4:30 pm BodyPump Virt 5:30 pm TABATA | 5:35 am AM ENERGIZER 6:45 am Sh'Bam Virtual 8:00 am Step n' Sweat 12:00 BodyPump Virtual 1:00-2:30 Jag Program 3:15 pm Bodypump Virtual 4:45 pm BodyPump 6:00 pm BodyPump Virtual | 5:40 am CxWorx Virtual 6:45 am CxWorx Virtual 8:00 am BodyPump 9:00 am BodyBlast 1:00 BodyPump Virtual 2:00 pm Sh'Bam Virtual 4:45 pm BodyPump | | | |