

VIRTUAL CLASS SCHEDULE January 1 - March 31, 2025

Class times displayed in Eastern Time. [CLICK HERE](#) to see times in your time zone and class descriptions.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Flow 6:50-7am <i>Amanda</i>	Upper Body Burn 6:50-7am <i>Paige</i>	Core Circuit 6:50-7am <i>Deb</i>	Lower Body Burn 6:50-7am <i>Lisa</i>	Core Flow 6:50-7am <i>Ann</i>	BodyPump 9-9:45pm ▶ <i>LES MILLS</i>	BodyPump 9-9:45pm ▶ <i>LES MILLS</i>
HIIT 7:10 - 7:40am <i>Amanda</i>	Cardio Sculpt 7:10 - 7:40am <i>Paige</i>	Strong 7:10 - 7:40am <i>Deb</i>	Yoga 7:10 - 7:40am <i>Lisa</i>	HIIT 7:10 - 7:40am <i>Ann</i>	BodyCombat 10-10:45am ▶ <i>LES MILLS</i>	BodyCombat 10-10:45am ▶ <i>LES MILLS</i>
Mobility Boost 7:50 - 8am <i>Amanda</i>	Mobility Boost 7:50 - 8am <i>Paige</i>	Mobility Boost 7:50 - 8am <i>Deb</i>	Core Flow 7:50 - 8am <i>Lisa</i>	Mobility Boost 7:50 - 8am <i>Ann</i>	BodyAttack 11-11:45am ▶ <i>LES MILLS</i>	BodyAttack 11-11:45am ▶ <i>LES MILLS</i>
BodyPump 9 - 9:30am ▶ <i>LES MILLS</i>	BodyBalance 9 - 9:30am ▶ <i>LES MILLS</i>	BodyAttack 9 - 9:30am ▶ <i>LES MILLS</i>	Dance 9 - 9:30am ▶ <i>LES MILLS</i>	BodyCombat 9 - 9:30am ▶ <i>LES MILLS</i>	BodyBalance 12-12:45pm ▶ <i>LES MILLS</i>	BodyBalance 12-12:45pm ▶ <i>LES MILLS</i>
Stretch: Legs & Wrists 11:30-11:45am <i>Caitlynn</i>	Stretch 11:30-11:45am <i>Amanda</i>	Stretch: Neck & Shoulder 11:30-11:45am <i>Amanda</i>	Stretch 11:30-11:45am <i>Lisa</i>	Stretch: Back & Posture 11:30-11:45am <i>Maria</i>	Dance 1-1:45 ▶ <i>LES MILLS</i>	Dance 1-1:45 ▶ <i>LES MILLS</i>
Core Circuit 11:50am-12pm <i>Caitlynn</i>	Lower Body Burn 11:50am-12pm <i>Amanda</i>	Core Flow 11:50am-12pm <i>Amanda</i>	Upper Body Burn 11:50am-12pm <i>Lisa</i>	Core Circuit 11:50am-12pm <i>Maria</i>	Core 2-2:45pm ▶ <i>LES MILLS</i>	Core 2-2:45pm ▶ <i>LES MILLS</i>
Cardio Sculpt 12:10-12:40pm <i>Brenda</i>	Cardio Boxing 12:10-12:40pm <i>Amanda</i>	HIIT 12:10-12:40pm <i>Brenda</i>	Cardio Sculpt 12:10-12:40pm <i>Lisa</i>	Strong 12:10-12:40pm <i>Maria</i>	Cycle 3-3:45pm ▶ <i>LES MILLS</i>	Cycle 3-3:45pm ▶ <i>LES MILLS</i>
Calm: Breath 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm ▶	Calm: Visualize 1:30-1:40pm <i>Mat</i>	Calm 1:30-1:40pm ▶	Quick Calm 1:30-1:40pm <i>Mat</i>	Head to my-fitness.com/virtual to see full class descriptions	
Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Ann</i>	Stretch 1:50-2pm <i>Caitlynn</i>	Stretch 1:50-2pm <i>Amanda</i>	Stretch 1:50-2pm <i>Paige</i>	▶ Mindfulness	
Strong 2:10-2:40pm <i>Caitlynn</i>	Cycle 2:10-2:40pm ▶ <i>LES MILLS</i>	Zumba 2:10-2:40pm <i>Caitlynn</i>	Core 2:10-2:40pm ▶ <i>LES MILLS</i>	Low Impact 2:10-2:40pm ▶ <i>LES MILLS</i>	▶ 10 minute class	
Stretch Upper Body 5-5:15pm ▶ <i>LES MILLS</i>	BodyBalance 5-5:15pm ▶ <i>LES MILLS</i>	Yoga Fusion 4:30-5:15pm <i>Trinh</i>	Stretch Hip Mobility 5-5:15pm ▶ <i>LES MILLS</i>	Stretch Spine Mobility 5-5:15pm ▶ <i>LES MILLS</i>	▶ 15 minute class	
Core Flow 6:45-6:55pm <i>Trinh</i>	BodyPump Upper Body 6:45-7pm ▶ <i>LES MILLS</i>	Core Circuit 6:45-6:55pm ▶	BodyPump Lower Body 6:45-7pm ▶ <i>LES MILLS</i>	BodyPump Arms 6:45-7pm ▶ <i>LES MILLS</i>	▶ 30 minute class	
Yoga 7-7:45pm <i>Trinh</i>	Grit: Athletic 7-7:30pm ▶ <i>LES MILLS</i>	Cardio Sculpt 7-7:30pm ▶	Grit: Cardio 7-7:30pm ▶ <i>LES MILLS</i>	Grit: Strength 7-7:30pm ▶ <i>LES MILLS</i>	▶ 45 minute class	
BodyBalance 9-9:30pm ▶ <i>LES MILLS</i>	BodyCombat 9-9:30pm ▶ <i>LES MILLS</i>	BodyPump 9-9:30pm ▶ <i>LES MILLS</i>	Cycle 9-9:30pm ▶ <i>LES MILLS</i>	BodyAttack 9-9:30pm ▶ <i>LES MILLS</i>	▶ On Demand Video	
					▶ <i>LES MILLS</i> Les Mills On Demand	

Register and join classes via the myFitness Member Portal or App. All sessions stream on Zoom. The passcode to join is *virtual*.