

# MYFITNESS VIRTUAL SCHEDULE September 2-December 19, 2025

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

| Monday                                                            | Tuesday                                             | Wednesday                                                          | Thursday                                          | Friday                                                          | Saturday                                                                                                                                                                                                                                            | Sunday                                    |
|-------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <b>Upper Body Burn</b><br>6:55-7:05am <i>Amanda</i>               | <b>Core Flow</b><br>6:55-7:05am <i>Tab</i>          | <b>Core Circuit</b><br>6:55-7:05am <i>Deb</i>                      | <b>Lower Body Burn</b><br>6:55-7:05am <i>Lisa</i> | <b>Core Flow</b><br>6:55-7:05am <i>Ann</i>                      | <b>BodyPump</b><br>9-9:45pm  LESMILLS                                                                                                                                                                                                               | <b>Dance</b><br>9-9:45pm  LESMILLS        |
| <b>HIIT</b><br>7:10 - 7:40am <i>Amanda</i>                        | <b>Triple Target</b><br>7:10 - 7:40am <i>Tab</i>    | <b>Strong</b><br>7:10 - 7:40am <i>Deb</i>                          | <b>Yoga</b><br>7:10 - 7:40am <i>Lisa</i>          | <b>Cardio Sculpt</b><br>7:10 - 7:40am <i>Ann</i>                | <b>BodyCombat</b><br>10-10:45am  LESMILLS                                                                                                                                                                                                           | <b>BodyAttack</b><br>10-10:45am  LESMILLS |
| <b>Mobility Boost</b><br>7:45 - 7:55am <i>Amanda</i>              | <b>Mobility Boost</b><br>7:45 - 7:55am <i>Tab</i>   | <b>Mobility Boost</b><br>7:45 - 7:55am <i>Deb</i>                  | <b>Core Circuit</b><br>7:45 - 7:55am <i>Lisa</i>  | <b>Mobility Boost</b><br>7:45 - 7:55am <i>Ann</i>               | <b>BodyAttack</b><br>11-11:45am  LESMILLS                                                                                                                                                                                                           | <b>Core</b><br>11-11:45am  LESMILLS       |
| <b>BodyPump</b><br>9 - 9:30am  LESMILLS                           | <b>BodyBalance</b><br>9 - 9:30am  LESMILLS          | <b>BodyAttack</b><br>9 - 9:30am  LESMILLS                          | <b>Dance</b><br>9 - 9:30am  LESMILLS              | <b>BodyCombat</b><br>9 - 9:30am  LESMILLS                       | <b>BodyBalance</b><br>12-12:45pm  LESMILLS                                                                                                                                                                                                          | <b>Cycle</b><br>12-12:45pm  LESMILLS      |
| <b>Stretch: Back &amp; Posture</b><br>11:30-11:45am <i>Ashlee</i> | <b>Stretch</b><br>11:30-11:45am <i>Ashlee</i>       | <b>Stretch: Neck &amp; Shoulder</b><br>11:30-11:45am <i>Amanda</i> | <b>Stretch</b><br>11:30-11:45am <i>Lisa</i>       | <b>Stretch: Hips, Wrist, Legs</b><br>11:30-11:45am <i>Maria</i> | <b>Dance</b><br>1-1:45  LESMILLS                                                                                                                                                                                                                    | <b>BodyPump</b><br>1-1:45  LESMILLS       |
| <b>Cardio Blast</b><br>11:50am-12pm <i>Ashlee</i>                 | <b>Core Circuit</b><br>11:50am-12pm <i>Ashlee</i>   | <b>Lower Body Burn</b><br>11:50am-12pm <i>Amanda</i>               | <b>Core Flow</b><br>11:50am-12pm <i>Lisa</i>      | <b>Upper Body Burn</b><br>11:50am-12pm <i>Maria</i>             | <b>Core</b><br>2-2:45pm  LESMILLS                                                                                                                                                                                                                   | <b>BodyCombat</b><br>2-2:45pm  LESMILLS   |
| <b>Strong</b><br>12:10-12:40pm <i>Ashlee</i>                      | <b>Cardio Sculpt</b><br>12:10-12:40pm <i>Ashlee</i> | <b>Cardio Boxing</b><br>12:10-12:40pm <i>Amanda</i>                | <b>HIIT</b><br>12:10-12:40pm <i>Lisa</i>          | <b>Triple Target</b><br>12:10-12:40pm <i>Maria</i>              | <b>Cycle</b><br>3-3:45pm  LESMILLS                                                                                                                                                                                                                  | <b>BodyBalance</b><br>3-3:45pm  LESMILLS  |
| <b>Calm</b><br>1:30-1:40pm <i>Mat</i>                             | <b>Calm</b><br>1:30-1:40pm <i>Mat</i>               | <b>Calm</b><br>1:30-1:40pm <i>Mat</i>                              | <b>Calm</b><br>1:30-1:40pm <i>Mat</i>             | <b>Calm</b><br>1:30-1:40pm <i>Mat</i>                           | Head to <a href="https://optimal.virtualbyliv.com">optimal.virtualbyliv.com</a> to see full class descriptions<br>Mindfulness<br>10 minute class<br>15 minute class<br>30 minute class<br>45 minute class<br>On Demand Video<br>Les Mills On Demand |                                           |
| <b>Stretch</b><br>1:50-2pm <i>Caitlynn</i>                        | <b>Stretch</b><br>1:50-2pm <i>Ann</i>               | <b>Stretch</b><br>1:50-2pm <i>Paige</i>                            | <b>Stretch</b><br>1:50-2pm <i>Caitlynn</i>        | <b>Stretch</b><br>1:50-2pm <i>Criss</i>                         |                                                                                                                                                                                                                                                     |                                           |
| <b>Zumba</b><br>2:10-2:40pm <i>Caitlynn</i>                       | <b>Cycle</b><br>2:10-2:40pm  LESMILLS               | <b>Cardio Sculpt</b><br>2:10-2:40pm <i>Paige</i>                   | <b>Core</b><br>2:10-2:40pm  LESMILLS              | <b>Pilates Fusion</b><br>2:10-2:40pm <i>Criss</i>               |                                                                                                                                                                                                                                                     |                                           |
| <b>Stretch Upper Body</b><br>5-5:15pm  LESMILLS                   | <b>BodyBalance</b><br>5-5:15pm  LESMILLS            | <b>Yoga Fusion</b><br>4:30-5:15pm <i>Trinh</i>                     | <b>Stretch Hip Mobility</b><br>5-5:15pm  LESMILLS | <b>Stretch Spine Mobility</b><br>5-5:15pm  LESMILLS             |                                                                                                                                                                                                                                                     |                                           |
| <b>Core Flow</b><br>6:45-6:55pm <i>Trinh</i>                      | <b>Mobility Boost</b><br>6:45-6:55pm <i>Maria</i>   | <b>Core Circuit</b><br>6:45-6:55pm                                 | <b>BodyPump Lower Body</b><br>6:45-7pm  LESMILLS  | <b>BodyPump Arms</b><br>6:45-7pm  LESMILLS                      |                                                                                                                                                                                                                                                     |                                           |
| <b>Yoga</b><br>7-7:45pm <i>Trinh</i>                              | <b>Zumba</b><br>7-7:30pm <i>Maria</i>               | <b>Cardio Sculpt</b><br>7-7:30pm                                   | <b>Grit: Cardio</b><br>7-7:30pm  LESMILLS         | <b>Grit: Strength</b><br>7-7:30pm  LESMILLS                     |                                                                                                                                                                                                                                                     |                                           |
| <b>BodyBalance</b><br>9-9:30pm  LESMILLS                          | <b>BodyCombat</b><br>9-9:30pm  LESMILLS             | <b>BodyPump</b><br>9-9:30pm  LESMILLS                              | <b>Cycle</b><br>9-9:30pm  LESMILLS                | <b>BodyAttack</b><br>9-9:30pm  LESMILLS                         | LESMILLS                                                                                                                                                                                                                                            | 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*.



my-fitness.ca



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# HORAIRE DES COURS VIRTUEL

2 septembre au 19 décembre 2025

Les horaires des cours sont affichés à l'heure de l'Est. [CLIQUEZ ICI](#) pour voir les horaires dans votre fuseau horaire et les descriptions des cours.

| Lundi                                                           | Mardi                                                   | Mercredi                                                        | Jeudi                                                   | Vendredi                                                           | Samedi                                                                                                                                                                                                                                                | Dimanche                                     |
|-----------------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| <b>Haut du Corps Fort</b><br>6h55-7h05<br><i>Amanda</i>         | <b>Flux Abdos</b><br>6h55-7h05<br><i>Tabitha</i>        | <b>Circuit Abdos</b><br>6h55-7h05<br><i>Deb</i>                 | <b>Corps Inférieur Fort</b><br>6h55-7h05<br><i>Lisa</i> | <b>Flux Abdos</b><br>6h55-7h05<br><i>Ann</i>                       | <b>BodyPump</b> ▶ LESMILLS<br>9h00-9h45                                                                                                                                                                                                               | <b>Danse</b> ▶ LESMILLS<br>9h00-9h45         |
| <b>HIIT</b><br>7h10-7h40<br><i>Amanda</i>                       | <b>Triple cible</b><br>7h10-7h40<br><i>Tabitha</i>      | <b>Fort</b><br>7h10-7h40<br><i>Deb</i>                          | <b>Yoga</b><br>7h10-7h40<br><i>Lisa</i>                 | <b>Sculpture Cardio</b><br>7h10-7h40<br><i>Ann</i>                 | <b>BodyCombat</b> ▶ LESMILLS<br>10h00-10h45                                                                                                                                                                                                           | <b>BodyAttack</b> ▶ LESMILLS<br>10h00-10h45  |
| <b>Mobilité</b><br>7h45-7h55<br><i>Amanda</i>                   | <b>Mobilité</b><br>7h45-7h55<br><i>Tabitha</i>          | <b>Mobilité</b><br>7h45-7h55<br><i>Deb</i>                      | <b>Flux Abdo</b><br>7h45-7h55<br><i>Lisa</i>            | <b>Mobilité</b><br>7h45-7h55<br><i>Ann</i>                         | <b>BodyAttack</b> ▶ LESMILLS<br>11h00-11h45                                                                                                                                                                                                           | <b>Abdos</b> ▶ LESMILLS<br>11h00-11h45       |
| <b>BodyPump</b> ▶ LESMILLS<br>9h00-9h30                         | <b>BodyBalance</b> ▶ LESMILLS<br>9h00-9h30              | <b>BodyAttack</b> ▶ LESMILLS<br>9h00-9h30                       | <b>Danse</b> ▶ LESMILLS<br>9h00-9h30                    | <b>BodyCombat</b> ▶ LESMILLS<br>9h00-9h30                          | <b>BodyBalance</b> ▶ LESMILLS<br>12h00-12h45                                                                                                                                                                                                          | <b>Cycle</b> ▶ LESMILLS<br>12h00-12h45       |
| <b>Étirement</b> Dos et posture<br>11h30-11h45<br><i>Ashlee</i> | <b>Étirement</b><br>11h30-11h45<br><i>Ashlee</i>        | <b>Étirement</b> Cou et épaules<br>11h30-11h45<br><i>Amanda</i> | <b>Étirement</b><br>11h30-11h45<br><i>Lisa</i>          | <b>Étirement</b> Jambes et poignets<br>11h30-11h45<br><i>Maria</i> | <b>Danse</b> ▶ LESMILLS<br>13h00-1h45                                                                                                                                                                                                                 | <b>BodyPump</b> ▶ LESMILLS<br>13h00-1h45     |
| <b>Cardio dynamique</b><br>11h50-12h00<br><i>Ashlee</i>         | <b>Circuit Abdos</b><br>11h50-12h00<br><i>Ashlee</i>    | <b>Corps Inférieur Fort</b><br>11h50-12h00<br><i>Amanda</i>     | <b>Flux Abdos</b><br>11h50-12h00<br><i>Lisa</i>         | <b>Haut du Corps Fort</b><br>11h50-12h00<br><i>Maria</i>           | <b>Abdos</b> ▶ LESMILLS<br>14h00-14h45                                                                                                                                                                                                                | <b>BodyCombat</b> ▶ LESMILLS<br>14h00-14h45  |
| <b>Fort</b><br>12h10-12h40<br><i>Ashlee</i>                     | <b>Sculpture Cardio</b><br>12h10-12h40<br><i>Ashlee</i> | <b>Boxe Cardio</b><br>12h10-12h40<br><i>Amanda</i>              | <b>HIIT</b><br>12h10-12h40<br><i>Lisa</i>               | <b>Triple cible</b><br>12h10-12h40<br><i>Maria</i>                 | <b>Cycle</b> ▶ LESMILLS<br>15h00-15h45                                                                                                                                                                                                                | <b>BodyBalance</b> ▶ LESMILLS<br>15h00-15h45 |
| <b>Calme</b><br>13h30-13h40<br><i>Mat</i>                       | <b>Calme</b><br>13h30-13h40<br><i>Mat</i>               | <b>Calme</b><br>13h30-13h40<br><i>Mat</i>                       | <b>Calme</b><br>13h30-13h40<br><i>Mat</i>               | <b>Calme</b><br>13h30-13h40<br><i>Mat</i>                          | <div> <div>La pleine conscience</div> <div>Cours de 10 minutes</div> <div>Cours de 15 minutes</div> <div>Cours de 30 minutes</div> <div>Cours de 45 minutes</div> <div>▶ Vidéo à la demande</div> <div>▶ LESMILLS Les Mills à la demande</div> </div> |                                              |
| <b>Étirement</b><br>13h50-14h00<br><i>Caitlynn</i>              | <b>Étirement</b><br>13h50-14h00<br><i>Ann</i>           | <b>Étirement</b><br>13h50-14h00<br><i>Paige</i>                 | <b>Étirement</b><br>13h50-14h00<br><i>Caitlynn</i>      | <b>Étirement</b><br>13h50-14h00<br><i>Criss</i>                    |                                                                                                                                                                                                                                                       |                                              |
| <b>Zumba</b><br>14h10-14h40<br><i>Caitlynn</i>                  | <b>Cycle</b> ▶ LESMILLS<br>14h10-14h40                  | <b>Sculpture Cardio</b><br>14h10-14h40<br><i>Paige</i>          | <b>Abdos</b> ▶ LESMILLS<br>14h10-14h40                  | <b>Pilates Fusion</b><br>14h10-14h40<br><i>Criss</i>               |                                                                                                                                                                                                                                                       |                                              |
| <b>Étirement</b><br>17h00-17h15<br>▶ LESMILLS                   | <b>BodyBalance</b> ▶ LESMILLS<br>17h00-17h15            | <b>Yoga Fusion</b><br>16h30-1715<br><i>Trinh</i>                | <b>Étirement</b> ▶ LESMILLS<br>17h00-17h15              | <b>Étirement</b> ▶ LESMILLS<br>17h00-17h15                         |                                                                                                                                                                                                                                                       |                                              |
| <b>Flux Abdo</b><br>18h45-18h55<br><i>Trinh</i>                 | <b>Mobilité</b><br>18h45-19h00<br><i>Maria</i>          | <b>Circuit Abdos</b> ▶ LESMILLS<br>18h45-18h55                  | <b>BodyPump</b> ▶ LESMILLS<br>18h45-19h00               | <b>BodyPump Bras</b> ▶ LESMILLS<br>18h45-19h00                     |                                                                                                                                                                                                                                                       |                                              |
| <b>Yoga</b><br>19h00-19h45<br><i>Trinh</i>                      | <b>Zumba</b><br>19h00-19h30<br><i>Maria</i>             | <b>Sculpture Cardio</b> ▶ LESMILLS<br>19h00-19h30               | <b>Grit Cardio</b> ▶ LESMILLS<br>19h00-19h30            | <b>Grit Fort</b> ▶ LESMILLS<br>19h00-19h30                         |                                                                                                                                                                                                                                                       |                                              |
| <b>BodyBalance</b> ▶ LESMILLS<br>21h00-21h30                    | <b>BodyCombat</b> ▶ LESMILLS<br>21h00-21h30             | <b>BodyPump</b> ▶ LESMILLS<br>21h00-21h30                       | <b>Cycle</b> ▶ LESMILLS<br>21h00-21h30                  | <b>BodyAttack</b> ▶ LESMILLS<br>21h00-21h30                        |                                                                                                                                                                                                                                                       |                                              |

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