

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYFLOW 6:00AM - 6:45AM</p> <p> LES MILLS CORE 6:45AM - 7:00AM</p> <p> LES MILLS BODYPUMP 7:10AM - 7:55AM</p> <p> LES MILLS BODYCOMBAT 8:10AM - 8:55AM</p> <p> LES MILLS CORE 9:00AM - 9:15AM</p> <p> LES MILLS BODYCOMBAT 9:30AM - 10:30AM</p> <p> LES MILLS BODYCOMBAT 11:00AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 1:50PM</p> <p> LES MILLS BODYFLOW 2:00PM - 2:45PM</p> <p> LES MILLS BODYCOMBAT 3:00PM - 3:45PM</p> <p> LES MILLS BODYPUMP 4:00PM - 4:30PM</p> <p> LES MILLS CORE 4:30PM - 4:45PM</p> <p> LES MILLS BODYFLOW 4:45PM - 5:15PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:15PM</p> <p> LES MILLS BODYFLOW 6:30PM - 7:30PM</p>	<p> LES MILLS BODYPUMP 6:00AM - 6:45AM</p> <p> LES MILLS CORE 6:45AM - 7:00AM</p> <p> LES MILLS BODYCOMBAT 7:10AM - 7:55AM</p> <p> LES MILLS BODYPUMP 8:10AM - 8:55AM</p> <p> LES MILLS BODYFLOW 9:00AM - 9:45AM</p> <p> LES MILLS BODYCOMBAT 9:45AM - 10:30AM</p> <p> LES MILLS BODYFLOW 11:00AM - 11:45AM</p> <p> LES MILLS CORE 12:15PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 1:50PM</p> <p> LES MILLS BODYPUMP 2:00PM - 2:45PM</p> <p> LES MILLS BODYCOMBAT 3:00PM - 4:00PM</p> <p> LES MILLS BODYCOMBAT 4:00PM - 4:30PM</p> <p> LES MILLS BODYFLOW 4:30PM - 4:45PM</p> <p> LES MILLS CORE 4:45PM - 5:15PM</p> <p> LES MILLS BODYFLOW 5:30PM - 6:15PM</p> <p> LES MILLS BODYPUMP 6:30PM - 7:30PM</p>	<p> LES MILLS BODYFLOW 6:00AM - 6:45AM</p> <p> LES MILLS CORE 6:45AM - 7:00AM</p> <p> LES MILLS CORE 7:10AM - 7:55AM</p> <p> LES MILLS BODYFLOW 8:10AM - 8:55AM</p> <p> LES MILLS CORE 9:00AM - 9:15AM</p> <p> LES MILLS BODYCOMBAT 9:30AM - 10:30AM</p> <p> ONDEMAND 11:00AM - 12:00PM</p> <p> LES MILLS BODYCOMBAT 12:15PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 1:50PM</p> <p> LES MILLS BODYCOMBAT 2:00PM - 2:45PM</p> <p> LES MILLS BODYPUMP 3:00PM - 3:45PM</p> <p> LES MILLS CORE 4:00PM - 4:30PM</p> <p> LES MILLS CORE 4:30PM - 4:45PM</p> <p> LES MILLS BODYFLOW 4:45PM - 5:15PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:15PM</p> <p> LES MILLS BODYCOMBAT 6:30PM - 7:30PM</p>	<p> LES MILLS BODYCOMBAT 6:00AM - 6:45AM</p> <p> LES MILLS CORE 6:45AM - 7:00AM</p> <p> LES MILLS BODYPUMP 7:10AM - 7:55AM</p> <p> LES MILLS CORE 8:10AM - 8:55AM</p> <p> LES MILLS BODYFLOW 9:00AM - 9:45AM</p> <p> LES MILLS BODYFLOW 9:45AM - 10:30AM</p> <p> LES MILLS BODYFLOW 9:45AM - 10:30AM</p> <p> LES MILLS BODYPUMP 11:00AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 1:50PM</p> <p> LES MILLS BODYFLOW 2:00PM - 2:45PM</p> <p> LES MILLS CORE 3:00PM - 3:45PM</p> <p> LES MILLS BODYPUMP 4:00PM - 4:00PM</p> <p> LES MILLS BODYFLOW 4:00PM - 4:30PM</p> <p> LES MILLS CORE 4:30PM - 4:45PM</p> <p> LES MILLS CORE 4:30PM - 4:45PM</p> <p> LES MILLS BODYPUMP 4:45PM - 5:15PM</p> <p> LES MILLS BODYPUMP 5:30PM - 6:15PM</p> <p> LES MILLS BODYCOMBAT 6:30PM - 7:30PM</p>	<p> ONDEMAND 6:00AM - 7:00AM</p> <p> LES MILLS BODYFLOW 7:10AM - 7:55AM</p> <p> LES MILLS BODYPUMP 8:10AM - 8:55AM</p> <p> LES MILLS BODYPUMP 9:00AM - 9:45AM</p> <p> LES MILLS BODYPUMP 9:45AM - 10:30AM</p> <p> LES MILLS BODYFLOW 11:00AM - 11:45AM</p> <p> LES MILLS BODYPUMP 12:15PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 1:50PM</p> <p> LES MILLS BODYFLOW 2:00PM - 2:45PM</p> <p> LES MILLS CORE 3:00PM - 3:45PM</p> <p> LES MILLS BODYPUMP 4:00PM - 4:30PM</p> <p> LES MILLS CORE 4:30PM - 4:45PM</p> <p> LES MILLS BODYCOMBAT 4:45PM - 5:15PM</p> <p> LES MILLS CORE 5:30PM - 6:15PM</p> <p> LES MILLS BODYFLOW 6:30PM - 7:30PM</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p> LES MILLS CORE 9:40AM - 10:10AM</p> <p> LES MILLS BODYFLOW 10:15AM - 11:00AM</p> <p> LES MILLS BODYCOMBAT 11:00AM - 12:00PM</p> <p>ONDEMAND 12:05PM - 3:55PM</p> <p> LES MILLS BODYCOMBAT 12:05PM - 3:55PM</p>	<p> LES MILLS BODYPUMP 12:15PM - 1:15PM</p> <p>ONDEMAND 1:20PM - 2:50PM</p> <p> ONDEMAND 3:00PM - 4:00PM</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LESMILLS RPM 8:05AM - 8:55AM</p> <p> LESMILLS RPM 9:00AM - 9:50AM</p> <p> CORE 10:00AM - 10:15AM</p> <p> LESMILLS RPM 10:30AM - 11:00AM</p> <p> LESMILLS RPM 11:10AM - 11:40AM</p> <p> LESMILLS RPM 11:45AM - 12:15PM</p> <p> LESMILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LESMILLS RPM 2:45PM - 3:35PM</p> <p> LESMILLS RPM 3:35PM - 4:05PM</p> <p> LESMILLS RPM 4:15PM - 5:05PM</p> <p> LESMILLS RPM 5:10PM - 6:00PM</p> <p> LESMILLS RPM 6:05PM - 6:55PM</p>	<p> LESMILLS RPM 8:05AM - 8:55AM</p> <p> LESMILLS RPM 9:00AM - 9:50AM</p> <p> CORE 10:00AM - 10:15AM</p> <p> LESMILLS RPM 10:30AM - 11:00AM</p> <p> LESMILLS RPM 11:10AM - 11:40AM</p> <p> LESMILLS RPM 11:45AM - 12:15PM</p> <p> LESMILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LESMILLS RPM 2:45PM - 3:35PM</p> <p> LESMILLS RPM 3:35PM - 4:05PM</p> <p> LESMILLS RPM 4:15PM - 5:05PM</p> <p> LESMILLS RPM 5:10PM - 6:00PM</p> <p> LESMILLS RPM 6:05PM - 6:55PM</p>	<p> LESMILLS RPM 8:05AM - 8:55AM</p> <p> LESMILLS RPM 9:00AM - 9:50AM</p> <p> CORE 10:00AM - 10:15AM</p> <p> LESMILLS RPM 10:30AM - 11:00AM</p> <p> LESMILLS RPM 11:10AM - 11:40AM</p> <p> LESMILLS RPM 11:45AM - 12:15PM</p> <p> LESMILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LESMILLS RPM 2:45PM - 3:35PM</p> <p> LESMILLS RPM 3:35PM - 4:05PM</p> <p> LESMILLS RPM 4:15PM - 5:05PM</p> <p> LESMILLS RPM 5:10PM - 6:00PM</p> <p> LESMILLS RPM 6:05PM - 6:55PM</p>	<p> LESMILLS RPM 8:05AM - 8:55AM</p> <p> LESMILLS RPM 9:00AM - 9:50AM</p> <p> CORE 10:00AM - 10:15AM</p> <p> LESMILLS RPM 10:30AM - 11:00AM</p> <p> LESMILLS RPM 11:10AM - 11:40AM</p> <p> LESMILLS RPM 11:45AM - 12:15PM</p> <p> LESMILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LESMILLS RPM 2:45PM - 3:35PM</p> <p> LESMILLS RPM 3:35PM - 4:05PM</p> <p> LESMILLS RPM 4:15PM - 5:05PM</p> <p> LESMILLS RPM 5:10PM - 6:00PM</p> <p> LESMILLS RPM 6:05PM - 6:55PM</p>	<p> LESMILLS RPM 8:05AM - 8:55AM</p> <p> LESMILLS RPM 9:00AM - 9:50AM</p> <p> CORE 10:00AM - 10:15AM</p> <p> LESMILLS RPM 10:30AM - 11:00AM</p> <p> LESMILLS RPM 11:10AM - 11:40AM</p> <p> LESMILLS RPM 11:45AM - 12:15PM</p> <p> LESMILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LESMILLS RPM 2:45PM - 3:35PM</p> <p> LESMILLS RPM 3:35PM - 4:05PM</p> <p> LESMILLS RPM 4:15PM - 5:05PM</p> <p> LESMILLS RPM 5:10PM - 6:00PM</p> <p> LESMILLS RPM 6:05PM - 6:55PM</p>	<p> LESMILLS RPM 8:05AM - 8:55AM</p> <p> LESMILLS RPM 9:00AM - 9:50AM</p> <p> LESMILLS RPM 10:00AM - 10:50AM</p> <p> LESMILLS RPM 11:00AM - 11:50AM</p> <p>ONDEMAND 12:00PM - 3:55PM</p>	<p> LESMILLS RPM 1:00PM - 1:50PM</p> <p> LESMILLS RPM 2:00PM - 2:50PM</p> <p>ONDEMAND 3:00PM - 4:00PM</p>

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.



LIVE INSTRUCTOR Bodyflow Class with Stephanie

B

LIVE INSTRUCTOR - Buti Yoga® fuses dynamic yoga asana with cardio-intensive dance and deep abdominal toning. These workouts range from 50-60 minutes in length and average 600-800 calories burned per session. With Mia

ONDEMAND

On Demand



LIVE INSTRUCTOR - Senior specific exercise program. - With Denise

LES MILLS BODYCOMBAT

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

LES MILLS BODYCOMBAT

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

LES MILLS BODYCOMBAT

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

LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS BODYFLOW

Get centred and focus on your strength and stability with this short yoga-based workout with elements of Tai Chi and Pilates.

LES MILLS BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

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 BODYPUMP

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

LES MILLS CORE

Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.

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 CORE

Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

LES MILLS RPM

Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

**Illinois Central
College**
Group Exercise Timetable