

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 CORE 8:00AM - 8:15AM</p> <p> LES MILLS BODYPUMP 8:30AM - 9:15AM</p> <p> LES MILLS BODYFLOW 9:30AM - 10:30AM</p> <p> LES MILLS BODYFLOW 11:00AM - 11:45AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p> LES MILLS BODYPUMP 3:00PM - 3:45PM</p> <p>ONDEMAND 3:45PM - 4:15PM</p> <p>LES MILLS CORE 4:15PM - 4:45PM</p> <p>LES MILLS BODYPUMP 5:00PM - 6:00PM</p> <p>ONDEMAND 6:00PM - 8:00PM</p>	<p> LES MILLS BODYCOMBAT 6:00AM - 6:45AM</p> <p> LES MILLS CORE 6:45AM - 7:00AM</p> <p> LES MILLS BODYFLOW 7:10AM - 7:55AM</p> <p> LES MILLS CORE 8:00AM - 8:15AM</p> <p>Zumba 8:30AM - 9:15AM</p> <p> LES MILLS BODYCOMBAT 10:00AM - 10:45AM</p> <p> LES MILLS BODYPUMP 11:00AM - 11:45AM</p> <p>LES MILLS BODYFLOW 12:00PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p> LES MILLS BODYCOMBAT 3:00PM - 3:45PM</p> <p>ONDEMAND 3:45PM - 4:15PM</p> <p> LES MILLS BODYFLOW 4:15PM - 4:45PM</p> <p>LES MILLS BODYFLOW 5:00PM - 6:00PM</p> <p>ONDEMAND 6:00PM - 8:00PM</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 CORE 8:00AM - 8:15AM</p> <p> LES MILLS BODYFLOW 8:30AM - 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 12:00PM - 12:45PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p> LES MILLS BODYPUMP 3:00PM - 3:45PM</p> <p>ONDEMAND 3:45PM - 4:15PM</p> <p> LES MILLS BODYFLOW 4:15PM - 4:45PM</p> <p>LES MILLS BODYPUMP 5:00PM - 6:00PM</p> <p>ONDEMAND 6:00PM - 8:00PM</p>	<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 CORE 8:00AM - 8:15AM</p> <p>Zumba 8:30AM - 9:15AM</p> <p> LES MILLS BODYFLOW 10:00AM - 10:45AM</p> <p> LES MILLS BODYPUMP 11:00AM - 11:45AM</p> <p>LES MILLS BODYFLOW 12:00PM - 12:55PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p> LES MILLS BODYFLOW 3:00PM - 3:45PM</p> <p>ONDEMAND 3:45PM - 4:15PM</p> <p> LES MILLS CORE 4:15PM - 4:45PM</p> <p> LES MILLS BODYCOMBAT 5:00PM - 6:00PM</p> <p>ONDEMAND 6:00PM - 8:00PM</p>	<p> LES MILLS BODYPUMP 6:00AM - 6:45AM</p> <p> LES MILLS CORE 6:45AM - 7:00AM</p> <p> LES MILLS BODYFLOW 7:10AM - 7:55AM</p> <p> LES MILLS CORE 8:00AM - 8:15AM</p> <p> LES MILLS BODYCOMBAT 8:30AM - 9:15AM</p> <p> LES MILLS BODYPUMP 10:00AM - 10:45AM</p> <p> LES MILLS CORE 11:00AM - 11:45AM</p> <p>LES MILLS BODYPUMP 12:00PM - 12:30PM</p> <p> ONDEMAND 12:30PM - 1:00PM</p> <p>ONDEMAND 1:00PM - 3:00PM</p> <p> LES MILLS BODYPUMP 3:00PM - 3:45PM</p> <p>ONDEMAND 3:45PM - 4:15PM</p> <p> LES MILLS BODYFLOW 4:15PM - 4:45PM</p> <p> LES MILLS BODYPUMP 5:00PM - 6:00PM</p> <p>ONDEMAND 6:00PM - 8:00PM</p>	<p> LES MILLS BODYPUMP 8:30AM - 9:30AM</p> <p> LES MILLS CORE 9:40AM - 10:10AM</p> <p>YOGA 10:15AM - 11:15AM</p> <p> LES MILLS BODYCOMBAT 11:30AM - 12:00PM</p> <p>ONDEMAND 12:05PM - 3:55PM</p>	<p> LES MILLS BODYPUMP 12:15PM - 1:15PM</p> <p>ONDEMAND 1:15PM - 3:00PM</p> <p> ONDEMAND 3:00PM - 4:00PM</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 8:05AM - 8:55AM</p> <p> LES MILLS RPM 9:00AM - 9:50AM</p> <p> LES MILLS CORE 10:00AM - 10:15AM</p> <p> LES MILLS RPM 10:30AM - 11:00AM</p> <p> LES MILLS RPM 11:10AM - 11:40AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LES MILLS RPM 2:45PM - 3:35PM</p> <p>ONDEMAND 3:35PM - 4:25PM</p> <p> LES MILLS RPM 4:30PM - 5:20PM</p> <p>ONDEMAND 5:30PM - 8:00PM</p>	<p> LES MILLS RPM 8:05AM - 8:55AM</p> <p> LES MILLS RPM 9:00AM - 9:50AM</p> <p> LES MILLS CORE 10:00AM - 10:15AM</p> <p> LES MILLS RPM 10:30AM - 11:00AM</p> <p> LES MILLS RPM 11:10AM - 11:40AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LES MILLS RPM 2:45PM - 3:35PM</p> <p>ONDEMAND 3:35PM - 4:35PM</p> <p> LES MILLS RPM 4:45PM - 5:35PM</p> <p>ONDEMAND 5:35PM - 8:00PM</p>	<p> LES MILLS RPM 8:05AM - 8:55AM</p> <p> LES MILLS RPM 9:00AM - 9:50AM</p> <p> LES MILLS CORE 10:00AM - 10:15AM</p> <p> LES MILLS RPM 10:30AM - 11:00AM</p> <p> LES MILLS RPM 11:10AM - 11:40AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LES MILLS RPM 2:45PM - 3:35PM</p> <p>ONDEMAND 3:35PM - 4:25PM</p> <p> LES MILLS RPM 4:30PM - 5:20PM</p> <p>ONDEMAND 5:30PM - 8:00PM</p>	<p> LES MILLS RPM 8:05AM - 8:55AM</p> <p> LES MILLS RPM 9:00AM - 9:50AM</p> <p> LES MILLS CORE 10:00AM - 10:15AM</p> <p> LES MILLS RPM 10:30AM - 11:00AM</p> <p> LES MILLS RPM 11:10AM - 11:40AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LES MILLS RPM 2:45PM - 3:35PM</p> <p>ONDEMAND 3:35PM - 4:35PM</p> <p> LES MILLS RPM 4:45PM - 5:35PM</p> <p>ONDEMAND 5:35PM - 8:00PM</p>	<p> LES MILLS RPM 8:05AM - 8:55AM</p> <p> LES MILLS RPM 9:00AM - 9:50AM</p> <p> LES MILLS CORE 10:00AM - 10:15AM</p> <p> LES MILLS RPM 10:30AM - 11:00AM</p> <p> LES MILLS RPM 11:10AM - 11:40AM</p> <p> LES MILLS RPM 11:45AM - 12:15PM</p> <p> LES MILLS RPM 12:20PM - 12:50PM</p> <p>ONDEMAND 1:00PM - 2:40PM</p> <p> LES MILLS RPM 2:45PM - 3:35PM</p> <p>ONDEMAND 3:35PM - 4:25PM</p> <p> LES MILLS RPM 4:30PM - 5:20PM</p> <p>ONDEMAND 5:30PM - 8:00PM</p>	<p> LES MILLS RPM 8:05AM - 8:55AM</p> <p> LES MILLS RPM 9:00AM - 9:50AM</p> <p> LES MILLS RPM 10:00AM - 10:50AM</p> <p> LES MILLS RPM 11:00AM - 11:50AM</p> <p>ONDEMAND 12:00PM - 3:55PM</p>	<p>ONDEMAND 12:00PM - 1:30PM</p> <p> LES MILLS RPM 1:30PM - 2:00PM</p> <p> LES MILLS RPM 2:00PM - 2:50PM</p> <p>ONDEMAND 3:00PM - 4:00PM</p>



LIVE INSTRUCTOR Bodyflow Class with Stephanie

LES MILLS BODYFLOW

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

BODYPUMP LIVE

Body Pump with Live instructor

LES MILLS BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS CORE

LES MILLS CORE provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

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.

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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. 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 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