

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYBALANCE</b> 6:00AM - 6:45AM</p> <p> <b>LES MILLS CORE</b> 6:45AM - 7:00AM</p> <p> <b>LES MILLS BODYPUMP</b> 7:10AM - 7:55AM</p> <p> <b>LES MILLS CORE</b> 8:00AM - 8:15AM</p> <p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 9:30AM - 10:30AM</p> <p> <b>LES MILLS BODYBALANCE</b> 11:00AM - 11:45AM</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p> <b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM</p> <p><b>ONDEMAND</b> 3:45PM - 4:15PM</p> <p> <b>CORE</b> 4:15PM - 4:45PM</p> <p> <b>BODYPUMP</b> 5:00PM - 6:00PM</p> <p> <b>LES MILLS BODYATTACK</b> 6:15PM - 7:00PM</p> <p><b>ONDEMAND</b> 7:00PM - 8:00PM</p>	<p> <b>BODYPUMP</b> 6:00AM - 7:00AM</p> <p> <b>LES MILLS BODYBALANCE</b> 7:10AM - 7:55AM</p> <p> <b>LES MILLS CORE</b> 8:00AM - 8:15AM</p> <p> <b>ZUMBA</b> 8:30AM - 9:15AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 10:00AM - 10:45AM</p> <p> <b>BODYPUMP</b> 11:00AM - 11:45AM</p> <p><b>YOGA</b> 12:00PM - 1:00PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p><b>ONDEMAND</b> 3:00PM - 3:45PM</p> <p><b>ONDEMAND</b> 3:45PM - 4:45PM</p> <p> <b>BODY FLOW</b> 5:00PM - 6:00PM</p> <p><b>ONDEMAND</b> 6:00PM - 8:00PM</p>	<p> <b>LES MILLS BODYBALANCE</b> 6:00AM - 6:45AM</p> <p> <b>LES MILLS CORE</b> 6:45AM - 7:00AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 7:10AM - 7:55AM</p> <p> <b>LES MILLS CORE</b> 8:00AM - 8:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 8:30AM - 9:15AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 9:30AM - 10:30AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 11:00AM - 11:45AM</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p> <b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM</p> <p><b>ONDEMAND</b> 3:45PM - 4:45PM</p> <p> <b>BODYPUMP</b> 5:00PM - 6:00PM</p> <p> <b>LES MILLS BODYATTACK</b> 6:15PM - 7:00PM</p> <p><b>ONDEMAND</b> 7:00PM - 8:00PM</p>	<p> <b>BODYPUMP</b> 6:00AM - 7:00AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 7:10AM - 7:55AM</p> <p> <b>LES MILLS CORE</b> 8:00AM - 8:15AM</p> <p> <b>ZUMBA</b> 8:30AM - 9:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 10:00AM - 11:00AM</p> <p> <b>LES MILLS BODYPUMP</b> 11:00AM - 11:45AM</p> <p> <b>LES MILLS BODYBALANCE</b> 12:00PM - 1:00PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p> <b>BODYBALANCE</b> 3:00PM - 3:45PM</p> <p> <b>LES MILLS BODYATTACK</b> 4:00PM - 4:45PM</p> <p><b>YOGA</b> 5:00PM - 6:00PM</p> <p><b>ONDEMAND</b> 6:00PM - 8:00PM</p>	<p><b>ONDEMAND</b> 6:00AM - 7:00AM</p> <p> <b>LES MILLS BODYBALANCE</b> 7:10AM - 7:55AM</p> <p> <b>LES MILLS CORE</b> 8:00AM - 8:15AM</p> <p> <b>BODYCOMBAT</b> 8:30AM - 9:15AM</p> <p> <b>BODY FLOW</b> 9:30AM - 10:30AM</p> <p> <b>LES MILLS CORE</b> 11:00AM - 11:45AM</p> <p> <b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM</p> <p><b>ONDEMAND</b> 1:00PM - 3:00PM</p> <p> <b>LES MILLS BODYPUMP</b> 3:00PM - 3:45PM</p> <p><b>ONDEMAND</b> 3:45PM - 6:00PM</p> <p><b>ONDEMAND</b> 6:00PM - 8:00PM</p>	<p> <b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM</p> <p> <b>LES MILLS CORE</b> 9:40AM - 10:10AM</p> <p><b>YOGA</b> 10:15AM - 11:15AM</p> <p> <b>LES MILLS BODYCOMBAT</b> 11:30AM - 12:00PM</p> <p><b>ONDEMAND</b> 12:05PM - 3:55PM</p>	<p> <b>LES MILLS BODYPUMP</b> 12:15PM - 1:15PM</p> <p><b>ONDEMAND</b> 1:15PM - 3:00PM</p> <p> <b>BODY FLOW</b> 3:00PM - 4:00PM</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 6:00AM - 6:45AM</p> <p><b>ONDEMAND</b></p> <p>6:45AM - 8:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 8:05AM - 8:55AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 9:00AM - 9:45AM</p> <p><b>LES MILLS</b> ▶ <b>CORE</b> 10:00AM - 10:15AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 11:15AM - 12:00PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 12:20PM - 12:50PM</p> <p><b>ONDEMAND</b></p> <p>1:00PM - 2:40PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 2:45PM - 3:35PM</p> <p><b>ONDEMAND</b></p> <p>3:35PM - 4:25PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 4:30PM - 5:20PM</p> <p><b>ONDEMAND</b></p> <p>5:30PM - 8:00PM</p>	<p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 6:00AM - 6:45AM</p> <p><b>ONDEMAND</b></p> <p>6:45AM - 8:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 8:05AM - 8:55AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 9:00AM - 9:45AM</p> <p><b>LES MILLS</b> ▶ <b>CORE</b> 10:00AM - 10:15AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 11:10AM - 11:40AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 11:45AM - 12:15PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 12:20PM - 12:50PM</p> <p><b>ONDEMAND</b></p> <p>1:00PM - 2:40PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 2:45PM - 3:35PM</p> <p><b>ONDEMAND</b></p> <p>3:35PM - 4:35PM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 4:45PM - 5:30PM</p> <p><b>ONDEMAND</b></p> <p>5:35PM - 8:00PM</p>	<p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 6:00AM - 6:45AM</p> <p><b>ONDEMAND</b></p> <p>6:45AM - 8:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 8:05AM - 8:55AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 9:00AM - 9:45AM</p> <p><b>LES MILLS</b> ▶ <b>CORE</b> 10:00AM - 10:15AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 11:15AM - 12:00PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 12:20PM - 12:50PM</p> <p><b>ONDEMAND</b></p> <p>1:00PM - 2:40PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 2:45PM - 3:35PM</p> <p><b>ONDEMAND</b></p> <p>3:35PM - 4:25PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 4:30PM - 5:20PM</p> <p><b>ONDEMAND</b></p> <p>5:30PM - 8:00PM</p>	<p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 6:00AM - 6:45AM</p> <p><b>ONDEMAND</b></p> <p>6:45AM - 8:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 8:05AM - 8:55AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 9:00AM - 9:45AM</p> <p><b>LES MILLS</b> ▶ <b>CORE</b> 10:00AM - 10:15AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 10:30AM - 11:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 11:15AM - 11:40AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 11:45AM - 12:15PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 12:20PM - 12:50PM</p> <p><b>ONDEMAND</b></p> <p>1:00PM - 2:40PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 2:45PM - 3:35PM</p> <p><b>ONDEMAND</b></p> <p>3:35PM - 4:35PM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 4:45PM - 5:30PM</p> <p><b>ONDEMAND</b></p> <p>5:35PM - 8:00PM</p>	<p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 6:00AM - 6:45AM</p> <p><b>ONDEMAND</b></p> <p>6:45AM - 8:00AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 8:05AM - 8:55AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 9:00AM - 9:45AM</p> <p><b>LES MILLS</b> ▶ <b>CORE</b> 10:00AM - 11:00AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 11:15AM - 12:00PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 12:20PM - 12:50PM</p> <p><b>ONDEMAND</b></p> <p>1:00PM - 2:40PM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 2:45PM - 3:35PM</p> <p><b>ONDEMAND</b></p> <p>3:35PM - 4:25PM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 4:30PM - 5:15PM</p> <p><b>ONDEMAND</b></p> <p>5:30PM - 8:00PM</p>	<p><b>LES MILLS</b> ▶ <b>RPM</b> 8:05AM - 8:55AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 9:00AM - 9:45AM</p> <p><b>LES MILLS</b> ▶ <b>RPM</b> 10:00AM - 10:50AM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 11:00AM - 11:45AM</p> <p><b>ONDEMAND</b></p> <p>12:00PM - 3:55PM</p>	<p><b>ONDEMAND</b></p> <p>12:00PM - 2:00PM</p> <p><b>LES MILLS</b> ▶ <b>THE TRIP</b> 2:00PM - 2:45PM</p> <p><b>ONDEMAND</b></p> <p>3:00PM - 4:00PM</p>



LIVE INSTRUCTOR Bodyflow Class with Stephanie

### **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 BODYATTACK**

High-energy fitness class with a combination of athletic movements and strength exercises.

### **LES MILLS BODYBALANCE**

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

### **LES MILLS BODYBALANCE**

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

### **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 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.

### **LES MILLS THE TRIP**

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

**Illinois Central  
College**  
Group Exercise Timetable