

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



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

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