

# STOKES FAMILY YMCA

## Les Mills Virtual Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	VIRTUAL CORE 5:30am-6:00am		VIRTUAL CORE 5:30am-6:00am	VIRTUAL BODYCOMBAT 5:30am-6:15am		
	VIRTUAL BODYCOMBAT 6:00am-6:45am		VIRTUAL BODYCOMBAT 6:00am-6:45am	VIRTUAL BODYFLOW 6:15am-7:00am		
VIRTUAL CORE 6:30am-7:00am		VIRTUAL CORE 6:30am-7:00am				
	VIRTUAL SH'BAM 7:00am-7:45am	VIRTUAL BODYFLOW 7:00am-7:45am	VIRTUAL SH'BAM 7:00am-7:45am			
VIRTUAL BARRE 8:30am-9:00am	VIRTUAL BODYCOMBAT 8:30am-9:30am		VIRTUAL BODYCOMBAT 8:30am-9:30am		VIRTUAL BODYCOMBAT 8:30am-9:30am	
VIRTUAL CORE 9:30am-10:00am		VIRTUAL CORE 9:30am-10:00am	VIRTUAL BODYFLOW 9:45am-10:45am			
VIRTUAL BARRE 11:00am-11:30am		VIRTUAL BARRE 11:00am-11:30am		VIRTUAL SH'BAM 11:00am-11:45am	VIRTUAL BODYCOMBAT 11:00am-11:45am	
VIRTUAL BODYCOMBAT 12:15pm-12:45pm	VIRTUAL CORE 12:15pm-12:45pm	VIRTUAL BODYCOMBAT 12:15pm-12:45pm	VIRTUAL CORE 12:15pm-12:45pm	VIRTUAL BODYFLOW 12:15pm-1:00pm	VIRTUAL CORE 11:50pm-12:20pm	
VIRTUAL BARRE 4:30pm-5:00pm	VIRTUAL BODYFLOW 4:45pm-5:45pm	VIRTUAL BARRE 4:30pm-5:00pm	VIRTUAL BODYFLOW 4:45pm-5:45pm	VIRTUAL BODYCOMBAT 4:30pm-5:30pm		
VIRTUAL SH'BAM 5:45pm-6:30pm				VIRTUAL SH'BAM 5:45pm-6:30pm		
VIRTUAL BODYFLOW 6:30pm-7:15pm				VIRTUAL BODYFLOW 6:30pm-7:15pm		
VIRTUAL CORE 7:15pm-7:45pm	VIRTUAL CORE 7:00pm-7:30pm	VIRTUAL BODYFLOW 7:15pm-8:00pm	VIRTUAL CORE 7:00pm-7:30pm	VIRTUAL CORE 7:15pm-7:45pm		