

YMCA - Northwest North Carolina - Davie Family Les Mills VIRTUAL Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL SPRINT 30 Mins 5:30AM - 6:00AM DV Group Exercise Studio	VIRTUAL BODYATTACK 45 Mins 5:30AM - 6:15AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 5:30AM - 6:00AM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 5:30AM - 6:30AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 5:30AM - 6:00AM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 8:05AM - 8:50AM DV Group Exercise Studio	
VIRTUAL CORE 30 Mins 6:10AM - 6:40AM DV Group Exercise Studio	VIRTUAL CORE 45 Mins 6:20AM - 7:05AM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 6:10AM - 6:55AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 6:35AM - 7:05AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 6:10AM - 6:40AM DV Group Exercise Studio	SPRINT 9:00AM - 9:30AM DV Group Exercise Studio	
VIRTUAL BODYFLOW 60 Mins 6:45AM - 7:45AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 7:40AM - 8:10AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 7:00AM - 7:30AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 7:40AM - 8:10AM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 6:45AM - 7:45AM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 9:40AM - 10:40AM DV Group Exercise Studio	
VIRTUAL CORE 30 Mins 7:50AM - 8:20AM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 8:30AM - 9:15AM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 30 Mins 7:40AM - 8:10AM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 8:30AM - 9:15AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 7:50AM - 8:20AM DV Group Exercise Studio	VIRTUAL CORE 45 Mins 10:45AM - 11:30AM DV Group Exercise Studio	
VIRTUAL BODYCOMBAT 60 Mins 8:30AM - 9:30AM DV Group Exercise Studio	SPRINT 9:35AM - 10:05AM DV Group Exercise Studio	BODYPUMP™ 8:30AM - 9:30AM DV Group Exercise Studio	SPRINT 9:35AM - 10:05AM DV Group Exercise Studio	BODYPUMP™ 8:30AM - 9:15AM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 11:40AM - 12:10PM DV Group Exercise Studio	
BODYPUMP™ 9:45AM - 10:30AM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 10:20AM - 11:20AM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 45 Mins 9:45AM - 10:30AM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 10:20AM - 11:20AM DV Group Exercise Studio	Cardio Dance Party 9:45AM - 10:45AM DV Group Exercise Studio	VIRTUAL BODYATTACK 60 Mins 12:20PM - 1:20PM DV Group Exercise Studio	
VIRTUAL CORE 45 Mins 11:00AM - 11:45AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 11:30AM - 12:00PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 10:35AM - 11:05AM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 11:30AM - 12:00PM DV Group Exercise Studio	VIRTUAL BODYATTACK 60 Mins 11:05AM - 12:05PM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 1:30PM - 2:30PM DV Group Exercise Studio	
VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 45 Mins 12:10PM - 12:55PM DV Group Exercise Studio	VIRTUAL BODYBALANCE 60 Mins 11:10AM - 12:10PM DV Group Exercise Studio	VIRTUAL BODYATTACK 45 Mins 12:10PM - 12:55PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 2:45PM - 3:15PM DV Group Exercise Studio	
VIRTUAL CORE 45 Mins 12:50PM - 1:35PM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 1:00PM - 1:45PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 12:15PM - 12:45PM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 1:00PM - 1:45PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 12:50PM - 1:20PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 3:20PM - 3:50PM DV Group Exercise Studio	
VIRTUAL BODYFLOW 60 Mins 1:45PM - 2:45PM DV Group Exercise Studio	VIRTUAL BODYATTACK 60 Mins 1:55PM - 2:55PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 12:50PM - 1:20PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 1:55PM - 2:55PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 1:25PM - 1:55PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 11:50PM - 12:20AM DV Group Exercise Studio	
VIRTUAL SPRINT 30 Mins 2:55PM - 3:25PM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 3:00PM - 4:00PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 1:25PM - 1:55PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 2:05PM - 3:05PM DV Group Exercise Studio		
VIRTUAL CORE 30 Mins 3:35PM - 4:05PM DV Group Exercise Studio	VIRTUAL SPRINT 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	VIRTUAL BODYFLOW 60 Mins 2:00PM - 3:00PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 30 Mins 5:00PM - 5:30PM DV Group Exercise Studio	VIRTUAL CORE 45 Mins 3:15PM - 4:00PM DV Group Exercise Studio		
VIRTUAL BODYCOMBAT 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 30 Mins 5:00PM - 5:30PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 3:05PM - 4:05PM DV Group Exercise Studio	BODYPUMP™ 5:45PM - 6:30PM DV Group Exercise Studio	VIRTUAL BODYATTACK 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL CORE 30 Mins 4:45PM - 5:15PM DV Group Exercise Studio	BODYPUMP™ 5:45PM - 6:45PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 4:10PM - 4:40PM DV Group Exercise Studio	VIRTUAL BODYCOMBAT 60 Mins 6:45PM - 7:45PM DV Group Exercise Studio	VIRTUAL CORE 30 Mins 4:45PM - 5:15PM DV Group Exercise Studio		
SPRINT 5:30PM - 6:00PM DV Group Exercise Studio	VIRTUAL BODYFLOW 45 Mins 7:00PM - 7:45PM DV Group Exercise Studio	VIRTUAL BODYATTACK 30 Mins 4:45PM - 5:15PM DV Group Exercise Studio		VIRTUAL BODYCOMBAT 45 Mins 5:30PM - 6:15PM DV Group Exercise Studio		
VIRTUAL BODYCOMBAT 45 Mins 6:20PM - 7:05PM DV Group Exercise Studio		SPRINT 5:30PM - 6:00PM DV Group Exercise Studio		VIRTUAL BODYFLOW 45 Mins 6:20PM - 7:05PM DV Group Exercise Studio		
VIRTUAL SPRINT 30 Mins 7:15PM - 7:45PM DV Group Exercise Studio		VIRTUAL BODYCOMBAT 45 Mins 6:15PM - 7:00PM DV Group Exercise Studio		VIRTUAL SPRINT 30 Mins 7:15PM - 7:45PM DV Group Exercise Studio		
		VIRTUAL CORE 45 Mins 7:10PM - 7:55PM DV Group Exercise Studio				

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.

Cardio Dance Party

Cardio Dance Party is a variety of dance formats with high energy music that will burn calories and make your workout fun! If you can move, you can groove!

LES MILLS
sprint

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

LES MILLS
BODYATTACK

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

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

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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
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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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
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
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

YMCA - Northwest North Carolina - Davie Family Group Exercise Timetable