

STOKES FAMILY YMCA

Les Mills Virtual Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 5:30am-6:30am	RPM 5:30am-6:20am	BODYPUMP 5:30am-6:30am	RPM 5:30am-6:20am	BODYPUMP 5:30am-6:15am		
ON DEMAND 6:30am-9:30am	BODYBALANCE 6:30am-7:30am	ON DEMAND 6:30am-9:30am	BODYBALANCE 6:30am-7:30am	CORE 6:15am-6:45am		
BODYPUMP 9:30am-10:30am	ON DEMAND 7:30am-8:30am	BODYPUMP 9:30am-10:30am	ON DEMAND 7:30am-8:30am	ON DEMAND 6:45am-8:30am		
CORE 10:30am-11:00am	RPM 8:30am-9:20am	RPM 10:30am-11:20am	RPM 8:30am-9:20am	BODYCOMBAT 8:30am-9:30am		
ON DEMAND 12:00pm-4:30pm	DANCE 9:30am-10:15am	ON DEMAND 12:00pm-4:30pm	BODYBALANCE 9:45am-10:45am	BODYPUMP 9:30am-10:30am	DANCE 9:00am-9:45am	
BODYBALANCE 4:30pm-5:30pm	BODYCOMBAT 10:15am-11:00am	BODYBALANCE 4:30pm-5:30pm	SPRINT 11:00am-11:30am	BODYCOMBAT 10:30am-11:30am	BODYBALANCE 9:45am-10:45am	
LES MILLS RPM 5:30pm-6:20pm	SPRINT 11:00am-11:30am	RPM 5:30pm-6:20pm	ON DEMAND 12:00pm-4:30pm	ON DEMAND 12:00pm-4:30pm	ON DEMAND 11:15pm-4:30pm	
SPRINT 6:30pm-7:00pm	ON DEMAND 12:00pm-4:30pm	SPRINT 6:30pm-7:00pm	SPRINT 5:20pm-5:50pm	BODYPUMP 4:30pm-5:30pm		
CORE 7:00pm-7:30pm	SPRINT 5:20pm-5:50pm	CORE 7:00pm-7:30pm	BODYPUMP 6:00pm-7:00pm	SPRINT 5:30pm-6:00pm		
	BODYPUMP 6:00pm-7:00pm		BODYBALANCE 7:00pm-7:45pm	BODYCOMBAT 6:00pm-7:00pm		
	BODYBALANCE 7:00pm-7:45pm					