

# Randolph Asheboro YMCA



# Les Mills Class Schedule-MAR

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:30am	BODYPUMP-60 min.	Amy	5:30am	BODYCOMBAT 60 min.	Danielle
7:00am	GRIT 30 min.	Streaming	7:00am	BODYPUMP 60 min.	Streaming
9:35am	BODYPUMP 60 min.	Amy	2:00pm	GRIT 30 min.	Streaming
2:00pm	BODYPUMP 60 min.	Streaming	3:00pm	CXWORX 30 min.	Streaming
3:00pm	GRIT 30 min.	Streaming	4:20pm	BODYPUMP 60 min.	Jen
5:30pm	BODYPUMP 60 min.	Rhonda	6:30pm	GRIT 1st & 3rd 30 min.	Ken
7:15pm	BODYFLOW 30 min.	Scarlet	Friday		
8:00pm	BODYPUMP 60 min.	Streaming	Time	Class	Instructor
Tuesday			5:30am	BODYPUMP 60 min.	Danielle
Time	Class	Instructor	7:00am	GRIT 30 min.	Streaming
7:00am	BODYPUMP 60 min.	Streaming	9:00am	BODYPUMP 60 min.	Jen H.
2:00pm	GRIT 30 min.	Streaming	2:00pm	BODYPUMP 60 min.	Streaming
3:00pm	CXWORX 30 min.	Streaming	3:00pm	BODYCOMBAT 45 min.	Streaming
4:20pm	BODYPUMP 60 min.	Jen H.	4:30pm	Sh'BAM 45 min.	Streaming
8:00pm	BODYCOMBAT 60 min.	Lorrie	5:30pm	BODYPUMP 60 min.	Myra
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
7:00am	GRIT 30 min.	Streaming	9:00am	BODYPUMP 60 min.	Rotation
10:00am	BODYPUMP 60 min.	Karen	10:30am	GRIT 30 min.	Streaming
2:00pm	BODYPUMP 60 min.	Streaming	11:15am	CXWORX 30 min.	Streaming
3:00pm	GRIT 30 min.	Streaming	12:00pm	Sh'BAM 45 min.	Streaming
6:45pm	BODYPUMP 60 min.	Ashley	1:00pm	GRIT 30 min.	Streaming
			2:00pm	BODYPUMP 60 min.	Streaming
			3:15pm	BODYFLOW 30 min.	Streaming
			4:00pm	BODYCOMBAT 60 min.	Streaming
			Sunday		
			Time	Class	Instructor
			2:00pm	BODYFLOW 30 min.	Streaming
			3:00pm	CXWORX 30 min.	Streaming
			4:00 PM	BODYPUMP 30 min.	Streaming
			<b>Les Mills Virtual-Streaming</b> Streaming Virtual Classes allow you to experience a variety of workouts on your own when it's convenient. Feel free to leave when you want. Let a staff person know if there is a class you want to work out to and they will set it up. Please put away equipment when finished. Enjoy!		
			<b>Les Mills Classes w/ Instructor</b>		