

# Randolph Asheboro YMCA



# Les Mills Class Schedule-NOV

Monday			Thursday		
Time	Class	Instructor	Time	Class	Instructor
5:30am	LES MILLS VIRTUAL Member Choice		5:30am	LES MILLS VIRTUAL Member Choice	
7:00am	GRIT 30 min.	Streaming	7:00am	BODYPUMP 60 min.	Streaming
9:00am	BODYPUMP 60 min.	Robin	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.	Stacy
5:30pm	BODYPUMP 60 min.	Rhonda	5:30pm	BODYCOMBAT 45 min.	Stacy
8:00pm	BODYPUMP 60 min.	Streaming	6:30pm	GRIT	Stacy
			8:00pm	Sh'BAM 45 min.	Streaming
Tuesday			Friday		
Time	Class	Instructor	Time	Class	Instructor
5:30am	LES MILLS VIRTUAL Member Choice		5:30am	LES MILLS VIRTUAL Member Choice	
7:00am	BODYPUMP 60 min.	Streaming	7:00am	GRIT 30 min.	Streaming
2:00pm	GRIT 30 min.	Streaming	9:00am	BODYPUMP 60 min.	Jen H.
3:00pm	CXWORX 30 min.	Streaming	2:00pm	BODYPUMP 60 min.	Streaming
4:20pm	BODYPUMP 60 min.	Stacy	3:00pm	BODYCOMBAT 60 min.	Streaming
8:00pm	BODYCOMBAT 60 min.	Lorrie	5:30pm	BODYPUMP 60 min.	Myra
Wednesday			Saturday		
Time	Class	Instructor	Time	Class	Instructor
5:30am	LES MILLS VIRTUAL Member Choice		9:00am	BODYPUMP 60 min.	Rotation
7:00am	GRIT 30 min.	Streaming	11:15am	CXWORX 30 min.	Streaming
10:00am	BODYPUMP 60 min.	Karen	12:00pm	Sh'BAM 45 min.	Streaming
2:00pm	BODYPUMP 60 min.	Streaming	1:00pm	GRIT 30 min.	Streaming
3:00pm	GRIT 30 min.	Streaming	2:00pm	BODYPUMP 60 min.	Streaming
6:45pm	BODYPUMP 60 min.	Streaming	3:15pm	BODYFLOW 30 min.	Streaming
			4:00pm	BODYCOMBAT 60 min.	Streaming
			Sunday		
Time	Class	Instructor	Time	Class	Instructor
			2:00pm	BODYFLOW 30 min.	Streaming
			3:00pm	CXWORX 30 min.	Streaming
			4:00 PM	BODYPUMP 60 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>		