

# Randolph Asheboro YMCA



# Les Mills Class Schedule-OCT

| 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 45 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><br>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.<br>Please put away equipment when finished. Enjoy! |                                 |            |
|           |                                 |            | <b>Les Mills Classes w/ Instructor</b>  |                                 |            |