

Randolph Asheboro YMCA



Les Mills Class Schedule-SEPT

| Monday | | | Thursday | | |
|---|--------------------|------------|----------|------------------------|------------|
| Time | Class | Instructor | Time | Class | Instructor |
| 5:30am | BODYPUMP-60 min. | Streaming | 5:30am | BODYCOMBAT 60 min. | Streaming |
| 7:00am | GRIT 30 min. | Streaming | 7:00am | BODYPUMP 60 min. | Streaming |
| 9:00am | BODYPUMP 60 min. | Jen | 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. | Ken |
| 7:15pm | BODYFLOW 30 min. | Scarlet | 6:30pm | GRIT 1st & 3rd 30 min. | Ken |
| 8:00pm | BODYPUMP 60 min. | Streaming | 8:00pm | Sh'BAM 45 min. | Streaming |
| Tuesday | | | Friday | | |
| Time | Class | Instructor | Time | Class | Instructor |
| 7:00am | BODYPUMP 60 min. | Streaming | 5:30am | BODYPUMP 60 min. | Streaming |
| 2:00pm | GRIT 30 min. | Streaming | 7:00am | GRIT 30 min. | Streaming |
| 3:00pm | CXWORX 30 min. | Streaming | 9:00am | BODYPUMP 60 min. | Jen H. |
| 4:20pm | BODYPUMP 60 min. | Jen H. | 2:00pm | BODYPUMP 60 min. | Streaming |
| 8:00pm | BODYCOMBAT 60 min. | Lorrie | 3:00pm | BODYCOMBAT 45 min. | Streaming |
| 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 |
| | | | Sunday | | |
| | | | Time | Class | Instructor |
| | | | 2:00pm | BODYFLOW 30 min. | Streaming |
| | | | 3:00pm | CXWORX 30 min. | Streaming |
| | | | 4:00 PM | BODYPUMP 60 min. | Streaming |
| Les Mills Virtual-Streaming 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! | | | | | |
| Les Mills Classes w/ Instructor | | | | | |