

BALANCE/STABILITY/FLEXIBILITY

BODYBALANCE™ A motivating blend of yoga with tai chi and Pilates that will leave you strong, calm and centered.

CARDIO

BODYCOMBAT™ Train your whole body and get fit, fast and strong. Punch and kick your way into knockout shape.

GRIT CARDIO™ 30 minute high intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.

RPM™ A group indoor cycling workout where you control the intensity

SH'BAM™ A fun-loving, insanelly addictive dance workout.

SPRINT™ 30 minute high intensity interval training workout using an indoor bike to achieve fast results.

STRENGTH

BARRE™ A modern version of classic balletic training. A 30 minute workout designed to shape and tone postural muscles, build core strength and allow you to escape the everyday.

BODYPUMP™ The ultimate in group resistance training set to music. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ challenges all of your major muscle groups.

LES MILLS CORE™ 30-minute revolutionary core training. This dynamic workout will challenge your abs, glutes, back, obliques and "slings" connecting the upper and lower body, toning core muscles and improving functional strength.

CARDIO/STRENGTH

GRIT ATHLETIC™ 30 minute high intensity interval training sports conditioning workout, designed to make you perform like an athlete.

GRIT STRENGTH™ 30 minute high intensity interval training designed to improve strength, cardiovascular fitness and build lean muscle.

OCTOBER

LES MILL VIRTUAL

IN STUDIO COMPLIMENTARY
**GROUP FITNESS
SCHEDULE**

CLUB HOURS

Monday – Thursday 5:00am – 9:00pm
Friday 5:00am – 8:00pm
Saturday – Sunday 6:00am – 8:00pm



CLUB GREENWOOD

THE BEST PART OF YOUR DAY!®

LES MILLS

VIRTUAL IN STUDIO COMPLIMENTARY GROUP FITNESS SCHEDULE

STEPHANIE SIMPSON Director of Club Services
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VIEW THE SCHEDULE ON YOUR PHONE
DOWNLOAD THE CLUB GREENWOOD APP

OCTOBER

EFFECTIVE OCTOBER 1, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	5:15-6:00 LES MILLS CORE™ 1		5:30-6:00 GRIT Strength™ 1		5:15-6:00 LES MILLS CORE™ 1		
	6:00-6:30 LES MILLS CORE™ 1		6:30-7:30 BODYBALANCE™ 1		6:00-6:30 LES MILLS CORE™ 1		
	6:30-7:00 LES MILLS CORE™ 1				6:30-7:15 LES MILLS CORE™ 1	7:00-7:30 SPRINT™ Cyc.	7:00-7:30 SPRINT™ Cyc.
			7:30-8:20 RPM™ Cyc.			7:00-7:30 GRIT Athletic™ 1	7:00-7:30 GRIT Cardio™ 1
MID-MORNING	7:30-8:20 RPM™ Cyc.	7:15-8:00 LES MILLS CORE™ 1		7:15-8:00 LES MILLS CORE™ 1	7:30-8:20 RPM™ Cyc.		8:00-8:30 SPRINT™ Cyc.
							8:00-8:30 LES MILLS CORE™ 1
		9:30-10:00 SPRINT™ Cyc.		9:30-10:00 SPRINT™ Cyc.		9:30-10:20 RPM™ Cyc.	
							10:30-11:20 RPM™ Cyc.
		11:00-11:45 SH'BAM™ 1					
	11:00-11:30 SPRINT™ Cyc.		11:00-11:30 SPRINT™ Cyc.		11:00-11:30 SPRINT™ Cyc.	11:00-11:30 SPRINT™ Cyc.	
			11:00-11:30 BARRE™ 1		11:05-11:50 BODYBALANCE™ 1		
	12:00-12:50 RPM™ Cyc.	12:00-12:50 RPM™ Cyc.		12:00-12:50 RPM™ Cyc.	12:00-12:50 RPM™ Cyc.	12:00-1:00 BODYBALANCE™ 1	12:00-12:50 RPM™ Cyc.
AFTERNOON						12:00-12:50 RPM™ Cyc.	12:45-1:30 DANCE 1
	1:45-2:45 BODYPUMP™ 1	1:45-2:15 GRIT Strength™ 1	1:30-2:15 SH'BAM™ 1	1:30-2:30 BODYPUMP™ 1	1:30-2:30 BODYPUMP™ 1	1:30-2:15 SH'BAM™ 1	1:30-2:00 BARRE™ 1
		2:00-2:30 SPRINT™ Cyc.		2:00-2:30 SPRINT™ Cyc.		2:00-2:30 SPRINT™ Cyc.	2:00-2:30 SPRINT™ Cyc.
	2:45-3:15 GRIT Cardio™ 1	2:45-3:30 BODYCOMBAT™ 1	2:45-3:45 BODYPUMP™ 1	2:45-3:30 SH'BAM™ 1	2:45-3:15 LES MILLS CORE™ 1	2:45-3:15 BARRE™ 1	2:45-3:15 GRIT Athletic™ 1
	3:15-3:45 SPRINT™ Cyc.	3:00-3:50 RPM™ Cyc.	3:15-3:45 SPRINT™ Cyc.	3:00-3:50 RPM™ Cyc.	3:15-3:45 SPRINT™ Cyc.	3:00-3:50 RPM™ Cyc.	3:00-3:50 RPM™ Cyc.
			4:00-4:45 BODYPUMP 1		3:30-4:00 GRIT Strength™ 1	3:15-4:00 DANCE 1	
	4:00-5:00 BODYPUMP 1	4:00-4:30 LES MILLS CORE™ 1		4:00-4:30 LES MILLS CORE™ 1	4:00-4:30 BARRE™ 1	4:00-4:30 LES MILLS CORE™ 1	4:00-5:00 BODYPUMP™ 1
	4:15-5:05 RPM™ Cyc.	4:30-5:00 LM Sprint Cyc.	4:15-5:05 RPM™ Cyc.				
				4:30-5:00 SPRINT™ Cyc.		4:30-5:20 RPM™ Cyc.	4:30-5:20 RPM™ Cyc.
EVENING		6:00-6:50 RPM™ Cyc.		6:00-6:50 RPM™ Cyc.	5:00-6:00 BODYPUMP™ 1	5:00-5:30 GRIT Strength™ 1	5:00-5:45 BODYBALANCE™ 1
					5:30-6:20 RPM™ Cyc.	5:45-6:45 BODYPUMP™ 1	
	7:00-7:50 RPM™ Cyc.		7:00-7:50 RPM™ Cyc.	6:30-7:15 DANCE 1	6:30-7:20 RPM™ Cyc.		
		7:15-8:00 DANCE 1			6:45-7:30 DANCE 1		

NEW CLASS OR CHANGE