

YMCA - Greenville - Verdae Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL GRIT Athletic 5:45AM - 6:15AM Studio 1	BODYPUMP™ 5:30AM - 6:30AM Studio 1	VIRTUAL GRIT Cardio 5:45AM - 6:15AM Studio 1	VIRTUAL BODYPUMP 5:30AM - 6:30AM Studio 1	VIRTUAL SPRINT 5:45AM - 6:15AM Studio 1	VIRTUAL BODYFLOW 8:00AM - 9:00AM Studio 1	
VIRTUAL GRIT Strength 6:30AM - 7:00AM Studio 1	VIRTUAL CXWORX 8:15AM - 8:45AM Studio 1	VIRTUAL GRIT Strength 6:30AM - 7:00AM Studio 1	VIRTUAL CXWORX 8:15AM - 8:45AM Studio 1	VIRTUAL CXWORX 6:30AM - 7:00AM Studio 1	VIRTUAL GRIT Athletic 9:00AM - 9:30AM Studio 1	
VIRTUAL BODYFLOW 8:00AM - 9:00AM Studio 1	VIRTUAL GRIT Strength 5:45PM - 6:15PM Studio 1	VIRTUAL BODYPUMP 12:00PM - 1:00PM Studio 1	VIRTUAL GRIT Strength 5:45PM - 6:15PM Studio 1	VIRTUAL BODYFLOW 8:00AM - 9:00AM Studio 1	VIRTUAL CXWORX 9:30AM - 10:00AM Studio 1	
VIRTUAL BODYPUMP 10:30AM - 11:30AM Studio 1	VIRTUAL SPRINT 6:30PM - 7:00PM Studio 1	VIRTUAL GRIT Strength 5:45PM - 6:15PM Studio 1	VIRTUAL SPRINT 6:30PM - 7:00PM Studio 1	VIRTUAL BODYPUMP 10:30AM - 11:30AM Studio 1	VIRTUAL BODYPUMP 10:15AM - 11:15AM Studio 1	
VIRTUAL SPRINT 11:45AM - 12:15PM Studio 1	VIRTUAL CXWORX 7:05PM - 7:35PM Studio 1	VIRTUAL BODYPUMP 6:30PM - 7:30PM Studio 1	VIRTUAL CXWORX 7:05PM - 7:35PM Studio 1	VIRTUAL SPRINT 11:45AM - 12:15PM Studio 1	VIRTUAL SPRINT 11:30AM - 12:00PM Studio 1	
VIRTUAL GRIT Athletic 12:30PM - 1:00PM Studio 1				VIRTUAL GRIT Strength 12:30PM - 1:00PM Studio 1	VIRTUAL CXWORX 12:00PM - 12:30PM Studio 1	
VIRTUAL GRIT Strength 5:45PM - 6:15PM Studio 1				VIRTUAL GRIT Strength 5:45PM - 6:15PM Studio 1		
VIRTUAL BODYPUMP 6:30PM - 7:30PM Studio 1				VIRTUAL BODYFLOW 6:30PM - 7:30PM Studio 1		

LES MILLS
BODYPUMP

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

LES MILLS
BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
CXWORX

Learn the basic moves and format of a LES MILLS CXWORX workout in this quick introduction.

LES MILLS
GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LES MILLS
GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LES MILLS
GRIT
BEGINNER

High-intensity interval training designed to improve strength and build lean muscle.

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

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