

YMCA - Greenville - Verdae Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS GRIT ATHLETIC 5:45AM - 6:15AM Studio 1</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Studio 1</p>	<p>LES MILLS GRIT CARDIO 5:45AM - 6:15AM Studio 1</p>	<p>LES MILLS BODYPUMP 5:30AM - 6:30AM Studio 1</p>	<p>LES MILLS sprint 5:45AM - 6:15AM Studio 1</p>	<p>LES MILLS BODYFLOW 8:00AM - 9:00AM Studio 1</p>	
<p>LES MILLS GRIT STRENGTH 6:30AM - 7:00AM Studio 1</p>	<p>LES MILLS CXWORX 8:15AM - 8:45AM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 6:30AM - 7:00AM Studio 1</p>	<p>LES MILLS CXWORX 8:15AM - 8:45AM Studio 1</p>	<p>LES MILLS CXWORX 6:30AM - 7:00AM Studio 1</p>	<p>LES MILLS GRIT ATHLETIC 9:00AM - 9:30AM Studio 1</p>	
<p>LES MILLS BODYFLOW 8:00AM - 9:00AM Studio 1</p>	<p>LES MILLS BODYPUMP 12:00PM - 12:45PM Studio 1</p>	<p>LES MILLS BODYFLOW 12:00PM - 12:45PM Studio 1</p>	<p>LES MILLS BODYPUMP 12:00PM - 12:45PM Studio 1</p>	<p>LES MILLS BODYPUMP 10:30AM - 11:30AM Studio 1</p>	<p>LES MILLS CXWORX 9:30AM - 10:00AM Studio 1</p>	
<p>LES MILLS sprint 11:45AM - 12:15PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p>	<p>LES MILLS GRIT ATHLETIC 1:45PM - 2:15PM Studio 1</p>	<p>LES MILLS sprint 11:45AM - 12:15PM Studio 1</p>	<p>LES MILLS BODYPUMP 10:15AM - 11:15AM Studio 1</p>	
<p>LES MILLS GRIT ATHLETIC 12:30PM - 1:00PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 12:30PM - 1:00PM Studio 1</p>	<p>LES MILLS sprint 11:30AM - 12:00PM Studio 1</p>	
<p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p>	<p>LES MILLS sprint 6:30PM - 7:00PM Studio 1</p>	<p>LES MILLS BODYPUMP 6:30PM - 7:30PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 4:00PM - 4:30PM Studio 1</p>	<p>LES MILLS CXWORX 12:00PM - 12:30PM Studio 1</p>	
<p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Studio 1</p>	<p>LES MILLS CXWORX 7:05PM - 7:35PM Studio 1</p>		<p>LES MILLS sprint 6:30PM - 7:00PM Studio 1</p>	<p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM Studio 1</p>		
<p>LES MILLS BODYPUMP 6:30PM - 7:30PM Studio 1</p>			<p>LES MILLS CXWORX 7:05PM - 7:35PM Studio 1</p>	<p>LES MILLS BODYFLOW 6:30PM - 7:30PM Studio 1</p>		

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
GRIT | STRENGTH

LES MILLS GRIT™ Strength is a 30 minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses a barbell, weight plates and body weight exercises to blast all major muscle groups.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LES MILLS
BODYPUMP

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

LES MILLS
BODYPUMP

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

LES MILLS
CXWORX

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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 | STRENGTH

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.

YMCA - Greenville - Verdae Group Exercise Timetable