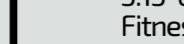
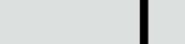
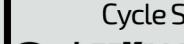
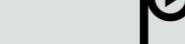
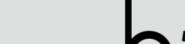
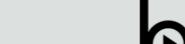
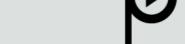
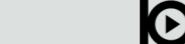
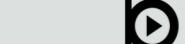
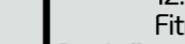
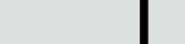
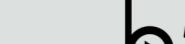
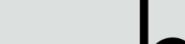
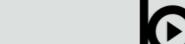
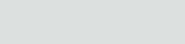
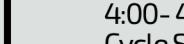
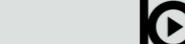
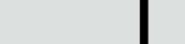
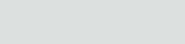


Les Mills Virtual Class Schedule

Effective 01/20/2026

M	T	W	TH	F	S	SU
 LES MILLS Sprint 5:15-5:45am Cycle Studio	 LES MILLS BODYPUMP 5:15-6:00am Fitness Studio	 LES MILLS BODYCOMBAT 5:30-6:15am Fitness Studio	 LES MILLS sprint 5:15-5:45am Cycle Studio	 LES MILLS BODYPUMP 5:15-6:00am Fitness Studio	 LES MILLS CORE 5:15-5:45am Fitness Studio	 LES MILLS GRIT STRENGTH 7:45-8:15am Fitness Studio
 LES MILLS BODYATTACK 5:30-6:15am Fitness Studio	 LES MILLS RPM 6:00-6:50am Cycle Studio	 LES MILLS GRIT STRENGTH 6:30-7:00am Fitness Studio	 LES MILLS sprint 6:00-6:30am Cycle Studio	 LES MILLS RPM 6:00-6:50am Cycle Studio	 LES MILLS BODYBALANCE 6:30-7:30am Fitness Studio	 LES MILLS Sprint 8:15-8:45am Cycle Studio
 LES MILLS BODYBALANCE 6:30-7:30am Fitness Studio	 LES MILLS CORE 7:00-7:30am Fitness Studio	 LES MILLS BODYBALANCE 6:30-7:30am Fitness Studio	 LES MILLS GRIT STRENGTH 6:30-7:00am Fitness Studio	 LES MILLS CORE 7:00-7:30am Fitness Studio	 LES MILLS GRIT STRENGTH 12:30-1:00pm Fitness Studio	 LES MILLS BODYPUMP 12:05-12:50pm Fitness Studio
 LES MILLS RPM 8:00-8:30am Cycle Studio	 LES MILLS THE TRIP 11:45-12:30pm Cycle Studio	 LES MILLS BODYPUMP 12:00-12:45pm Fitness Studio	 LES MILLS RPM 8:00-8:30am Cycle Studio	 LES MILLS THE TRIP 11:45-12:30pm Cycle Studio	 LES MILLS BODYPUMP 12:00-12:45pm Fitness Studio	 LES MILLS CORE 1:00-1:30pm Fitness Studio
 LES MILLS BODYPUMP 12:00-12:45pm Fitness Studio	 LES MILLS Sprint 12:45-1:15pm Cycle Studio	 LES MILLS BODYPUMP 12:00-12:45pm Fitness Studio	 LES MILLS BODYPUMP 12:00-12:45pm Fitness Studio	 LES MILLS Sprint 12:00-12:30pm Cycle Studio	 LES MILLS BODYBALANCE 12:00-12:30pm Cycle Studio	 LES MILLS THE TRIP 1:00-1:45pm Cycle Studio
 LES MILLS RPM 2:00-2:50pm Cycle Studio	 LES MILLS GRIT ATHLETIC 2:15-2:45pm Fitness Studio	 LES MILLS BODYBALANCE 1:45-2:30pm Fitness Studio	 LES MILLS sprint 12:45-1:15pm Cycle Studio	 LES MILLS RPM 12:00-12:45pm Fitness Studio	 LES MILLS BODYBALANCE 12:45-1:15pm Cycle Studio	 LES MILLS BODYPUMP 3:00-3:45pm Fitness Studio
 LES MILLS GRIT ATHLETIC 2:15-2:45pm Fitness Studio	 LES MILLS CORE 2:30-3:00pm Fitness Studio	 LES MILLS GRIT STRENGTH 3:00-3:30pm Fitness Studio	 LES MILLS sprint 12:45-1:15pm Cycle Studio	 LES MILLS CORE 2:30-3:00pm Fitness Studio	 LES MILLS BODYBALANCE 3:00-3:30pm Fitness Studio	 LES MILLS BODYPUMP 4:00-4:45pm Fitness Studio
 LES MILLS BODYBALANCE 15 min STRETCH 2:45-3:00pm Fitness Studio	 LES MILLS CORE 2:30-3:00pm Fitness Studio	 LES MILLS GRIT STRENGTH 3:00-3:30pm Fitness Studio	 LES MILLS sprint 12:45-1:15pm Cycle Studio	 LES MILLS CORE 2:30-3:00pm Fitness Studio	 LES MILLS BODYBALANCE 3:00-3:30pm Fitness Studio	 LES MILLS BODYPUMP 3:00-3:45pm Fitness Studio
 LES MILLS Sprint 3:00-3:30pm Cycle Studio	 LES MILLS BODYBALANCE 30 min STRETCH 3:30-4:00pm Fitness Studio	 LES MILLS BODYBALANCE 15 min STRETCH 2:45-3:00pm Fitness Studio	 LES MILLS sprint 3:00-3:30pm Cycle Studio	 LES MILLS GRIT STRENGTH 3:00-3:30pm Fitness Studio	 LES MILLS BODYBALANCE 30 min STRETCH 2:40-3:10pm Fitness Studio	 LES MILLS BODYPUMP 3:00-3:45pm Fitness Studio
 LES MILLS THE TRIP 4:00-4:45pm Cycle Studio	 LES MILLS BORN TO MOVE 6:30-7:05pm Fitness Studio	 LES MILLS Sprint 7:00-7:30pm Cycle Studio	 LES MILLS THE TRIP 4:00-4:45pm Cycle Studio	 LES MILLS GRIT ATHLETIC 7:10-7:40pm Fitness Studio	 LES MILLS BORN TO MOVE 4:10-4:40pm Fitness Studio	 LES MILLS BODYBALANCE 4:00-5:00pm Fitness Studio
 LES MILLS BODYCOMBAT 5:40-6:40pm Fitness Studio	 LES MILLS Sprint 7:00-7:30pm Cycle Studio	 LES MILLS GRIT ATHLETIC 7:10-7:40pm Fitness Studio	 LES MILLS sprint 7:00-7:30pm Cycle Studio	 LES MILLS CORE 7:15-7:45pm Fitness Studio	 LES MILLS THE TRIP 6:00-6:45pm Cycle Studio	 LES MILLS Sprint 6:00-6:30pm Cycle Studio

 Youth must be checked
into Child Watch or Reach
to participate

 **LES MILLS VIRTUAL**

Les Mills Virtual Classes are held on-site at
the Kroc in the Fitness Studio or Cycle Studio
when no live class is taking place.
To learn more, visit www.krocmemphis.org
or call 901-729-8007.

Class Descriptions

Fitness Studio Virtual Classes

 **BODYATTACK:** A high-energy fitness class with a combination of athletic movements and strength exercises.

 **BODYCOMBAT:** Get fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

 **LES MILLS GRIT - Athletic:** High-intensity interval training (HIIT) that improves cardiovascular fitness.

 **LES MILLS GRIT - Cardio:** High-intensity interval training (HIIT) that improves cardiovascular fitness.

 **LES MILLS GRIT - Strength:** High-intensity interval training (HIIT) designed to improve strength and build lean muscle

 **BODYPUMP:** The original barbell workout for anyone looking to get lean, toned, and fit - fast!

 **LES MILLS CORE:** 30-minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do!

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

 **BORN TO MOVE:** Designed to nurture a life-long love of physical activity, BORN TO MOVE™ helps children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement and play. Our youth development staff will be there to provide support as the children enjoy moving along to the virtual class videos. Any youth interested in participating will need to be checked into Child Watch/Reach.

Cycle Studio Virtual Classes

 **LES MILLS THE TRIP:** A totally unique immersive workout experience that combines a multi-peak cycling workout with a journey through digitally created worlds.

 **SPRINT:** High intensity interval training (HIIT) on a bike. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits.

 **RPM:** Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.

Download the Kroc Connect app to receive class notifications, register for classes, receive facility updates, and easier check-in. Scan the appropriate QR code to download.

Available on the
App Store



GET IT ON
Google Play



FITNESS DESK: 901-729-8068

FACILITY HOURS

M-Th (5:00AM - 9PM)

F (5:00AM - 8PM)

S (7AM-7PM)

Su (12PM-5PM)