

Les Mills Virtual Class Schedule

Effective 01/20/2026

M

- LES MILLS **sprint**
5:15-5:45am
Cycle Studio
- LES MILLS **BODYATTACK**
5:30-6:15am
Fitness Studio
- LES MILLS **sprint**
6:00-6:30am
Cycle Studio
- LES MILLS **BODYBALANCE**
6:30-7:30am
Fitness Studio
- LES MILLS **RPM**
8:00-8:30am
Cycle Studio
- LES MILLS **BODYPUMP**
12:00-12:45pm
Fitness Studio
- LES MILLS **sprint**
12:45-1:15pm
Cycle Studio
- LES MILLS **RPM**
2:00-2:50pm
Cycle Studio
- LES MILLS **GRIT | ATHLETIC**
2:15-2:45pm
Fitness Studio
- LES MILLS **BODYBALANCE**
2:45-3:00pm
Fitness Studio
- LES MILLS **sprint**
3:00-3:30pm
Cycle Studio
- LES MILLS **THE TRIP**
4:00-4:45pm
Cycle Studio
- LES MILLS **BODYCOMBAT**
5:40-6:40pm
Fitness Studio

T

- LES MILLS **BODYPUMP**
5:15-6:00am
Fitness Studio
- LES MILLS **RPM**
6:00-6:50am
Cycle Studio
- LES MILLS **GRIT | STRENGTH**
6:30-7:00am
Fitness Studio
- LES MILLS **CORE**
7:00-7:30am
Fitness Studio
- LES MILLS **THE TRIP**
11:45-12:30pm
Cycle Studio
- LES MILLS **BODYPUMP**
12:00-12:45pm
Fitness Studio
- LES MILLS **sprint**
12:30-1:00pm
Cycle Studio
- LES MILLS **BODYBALANCE**
1:45-2:30pm
Fitness Studio
- LES MILLS **CORE**
2:30-3:00pm
Fitness Studio
- LES MILLS **GRIT | STRENGTH**
3:00-3:30pm
Fitness Studio
- LES MILLS **BODYBALANCE**
3:30-4:00pm
Fitness Studio
- LES MILLS **30 min STRETCH**
3:30-4:00pm
Fitness Studio
- LES MILLS **BORN TO MOVE**
6:30-7:05pm
Fitness Studio
- LES MILLS **sprint**
7:00-7:30pm
Cycle Studio
- LES MILLS **GRIT | ATHLETIC**
7:10-7:40pm
Fitness Studio

W

- LES MILLS **sprint**
5:15-5:45am
Cycle Studio
- LES MILLS **BODYCOMBAT**
5:30-6:15am
Fitness Studio
- LES MILLS **sprint**
6:00-6:30am
Cycle Studio
- LES MILLS **BODYBALANCE**
6:30-7:30am
Fitness Studio
- LES MILLS **RPM**
8:00-8:30am
Cycle Studio
- LES MILLS **BODYCOMBAT**
8:15-9:15am
Fitness Studio
- LES MILLS **BODYPUMP**
12:00-12:45pm
Fitness Studio
- LES MILLS **sprint**
12:45-1:15pm
Cycle Studio
- LES MILLS **RPM**
2:00-2:50pm
Cycle Studio
- LES MILLS **GRIT | ATHLETIC**
2:15-2:45pm
Fitness Studio
- LES MILLS **BODYBALANCE**
2:45-3:00pm
Fitness Studio
- LES MILLS **15 min STRETCH**
2:45-3:00pm
Fitness Studio
- LES MILLS **sprint**
3:00-3:30pm
Cycle Studio
- LES MILLS **THE TRIP**
4:00-4:45pm
Cycle Studio
- LES MILLS **BORN TO MOVE**
4:10-4:40pm
Fitness Studio

TH

- LES MILLS **BODYPUMP**
5:15-6:00am
Fitness Studio
- LES MILLS **RPM**
6:00-6:50am
Cycle Studio
- LES MILLS **GRIT | STRENGTH**
6:30-7:00am
Fitness Studio
- LES MILLS **CORE**
7:00-7:30am
Fitness Studio
- LES MILLS **THE TRIP**
11:45-12:30pm
Cycle Studio
- LES MILLS **BODYPUMP**
12:00-12:45pm
Fitness Studio
- LES MILLS **sprint**
12:30-1:00pm
Cycle Studio
- LES MILLS **BODYBALANCE**
1:45-2:30pm
Fitness Studio
- LES MILLS **CORE**
2:30-3:00pm
Fitness Studio
- LES MILLS **GRIT | STRENGTH**
3:00-3:30pm
Fitness Studio
- LES MILLS **BODYBALANCE**
3:30-4:00pm
Fitness Studio
- LES MILLS **30 min STRETCH**
3:30-4:00pm
Fitness Studio
- LES MILLS **GRIT | ATHLETIC**
7:10-7:40pm
Fitness Studio
- LES MILLS **sprint**
7:00-7:30pm
Cycle Studio

F

- LES MILLS **CORE**
5:15-5:45am
Fitness Studio
- LES MILLS **BODYBALANCE**
6:30-7:30am
Fitness Studio
- LES MILLS **RPM**
8:00-8:30am
Cycle Studio
- LES MILLS **BODYCOMBAT**
8:45-9:45am
Fitness Studio
- LES MILLS **BODYPUMP**
12:00-12:45pm
Fitness Studio
- LES MILLS **sprint**
12:00-12:30pm
Cycle Studio
- LES MILLS **sprint**
12:45-1:15pm
Cycle Studio
- LES MILLS **BODYBALANCE**
2:40-3:10pm
Fitness Studio
- LES MILLS **30 min STRETCH**
2:40-3:10pm
Fitness Studio
- LES MILLS **CORE**
3:30-4:00pm
Fitness Studio
- LES MILLS **BORN TO MOVE**
4:10-4:40pm
Fitness Studio
- LES MILLS **THE TRIP**
6:00-6:45pm
Cycle Studio

S

- LES MILLS **GRIT | STRENGTH**
7:45-8:15am
Fitness Studio
- LES MILLS **sprint**
8:15-8:45am
Cycle Studio
- LES MILLS **sprint**
12:00-12:30
Cycle Studio
- LES MILLS **GRIT | STRENGTH**
12:30-1:00pm
Fitness Studio
- LES MILLS **CORE**
1:00-1:30pm
Fitness Studio
- LES MILLS **THE TRIP**
1:00-1:45pm
Cycle Studio
- LES MILLS **BODYBALANCE**
3:00-3:45pm
Fitness Studio
- LES MILLS **30 min STRETCH**
1:30-2:00pm
Fitness Studio
- LES MILLS **RPM**
2:00-2:50pm
Cycle Studio
- LES MILLS **BODYCOMBAT**
2:00-2:45pm
Fitness Studio
- LES MILLS **BODYPUMP**
3:00-3:45pm
Fitness Studio
- LES MILLS **BODYBALANCE**
4:00-5:00pm
Fitness Studio
- LES MILLS **sprint**
6:00-6:30pm
Cycle Studio

SU

- LES MILLS **BODYPUMP**
12:05-12:50pm
Fitness Studio
- LES MILLS **CORE**
1:00-1:30pm
Fitness Studio
- LES MILLS **GRIT | CARDIO**
2:00-2:30pm
Fitness Studio
- LES MILLS **BODYBALANCE**
2:30-3:00pm
Fitness Studio
- LES MILLS **30 min STRETCH**
2:30-3:00pm
Fitness Studio
- LES MILLS **RPM**
3:00-3:50pm
Cycle Studio
- LES MILLS **BODYCOMBAT**
3:00-3:45pm
Fitness Studio
- LES MILLS **THE TRIP**
4:00-4:45pm
Cycle Studio
- LES MILLS **BODYPUMP**
4:00-4:45pm
Fitness Studio




Youth must be checked into Child Watch or Reach to participate





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.



FITNESS DESK: 901-729-8068

FACILITY HOURS

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

F (5:00AM - 8PM)

S (7AM-7PM)

Su (12PM-5PM)