

M	T	W	TH	F	S	SU
<div><div><div>▶ LESMILLS BODYATTACK</div><div>5:30-6:15am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>6:00-6:30am</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>6:30-7:30am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS RPM</div><div>8:00-8:30am</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS barre</div><div>11:30-12:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYPUMP</div><div>12:00-12:45pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>12:45-1:15pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>1:00-2:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   ATHLETIC</div><div>2:00-2:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS RPM</div><div>2:00-2:50pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>2:35-2:50pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS 15 min STRETCH</div><div>2:35-2:50pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>3:00-3:30pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>4:00-4:45pm</div><div>Cycle Studio</div></div></div> <div><div><div>▶ LESMILLS GRIT   ATHLETIC</div><div>5:30-6:00am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   STRENGTH</div><div>6:30-7:00am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>7:00-7:30am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>11:45-12:30pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYPUMP</div><div>12:00-12:45pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>12:30-1:00pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>1:45-2:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>2:30-3:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   STRENGTH</div><div>3:00-3:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>2:00-2:50pm</div><div>Cycle Studio</div></div><div><div>▶ 30 min STRETCH</div><div>3:30-4:00pm</div><div>Fitness Studio</div></div><div><div><div>▶ BORN TO MOVE</div><div>6:30-7:05pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>7:00-7:30pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS GRIT   ATHLETIC</div><div>7:10-7:40pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS barre</div><div>7:45-8:15</div><div>Fitness Studio</div></div></div><div><div><div>▶ LESMILLS BODYCOMBAT</div><div>5:30-6:15am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>6:00-6:30am</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>6:30-7:30am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS RPM</div><div>8:00-8:30am</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS barre</div><div>10:00-10:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYPUMP</div><div>12:05-12:50pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>12:45-1:15pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>1:00-2:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   ATHLETIC</div><div>2:00-2:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS RPM</div><div>2:00-2:50pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>2:35-2:50pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS 15 min STRETCH</div><div>2:35-2:50pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>3:00-3:30pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>4:00-4:45pm</div><div>Cycle Studio</div></div><div><div><div>▶ BORN TO MOVE</div><div>4:10-4:40pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS SH'BAM</div><div>5:10-5:55pm</div><div>Fitness Studio</div></div></div></div><div><div><div>▶ LESMILLS GRIT   ATHLETIC</div><div>5:30-6:00am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   STRENGTH</div><div>6:30-7:00am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>7:00-7:30am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>11:45-12:30pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYPUMP</div><div>12:00-12:45pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>12:30-1:00pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>1:45-2:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>2:30-3:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   STRENGTH</div><div>3:00-3:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>2:00-2:50pm</div><div>Cycle Studio</div></div><div><div>▶ 30 min STRETCH</div><div>2:35-3:05pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>3:30-4:00pm</div><div>Fitness Studio</div></div><div><div><div>▶ BORN TO MOVE</div><div>4:10-4:40pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS SH'BAM</div><div>5:10-5:55pm</div><div>Fitness Studio</div></div></div><div><div>▶ LESMILLS THE TRIP</div><div>6:00-6:45pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS VIRTUAL</div></div></div><div><div><div>▶ LESMILLS GRIT   STRENGTH</div><div>7:45-8:15am</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>10:00-10:45am</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS sprint</div><div>12:00-12:30</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS GRIT   STRENGTH</div><div>12:30-1:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>1:00-1:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>1:00-1:45pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>30 min STRETCH</div><div>1:30-2:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS RPM</div><div>2:00-2:50pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYCOMBAT</div><div>2:00-2:45pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYPUMP</div><div>3:00-3:45pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>4:00-5:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS SH'BAM</div><div>5:30-6:15pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS sprint</div><div>6:00-6:30pm</div><div>Cycle Studio</div></div></div><div><div><div>▶ LESMILLS BODYPUMP</div><div>12:05-12:50pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS CORE</div><div>1:00-1:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS GRIT   CARDIO</div><div>2:00-2:30pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS BODYBALANCE</div><div>30 min STRETCH</div><div>2:30-3:00pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS RPM</div><div>3:00-3:50pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYCOMBAT</div><div>3:00-3:45pm</div><div>Fitness Studio</div></div><div><div>▶ LESMILLS THE TRIP</div><div>4:00-4:45pm</div><div>Cycle Studio</div></div><div><div>▶ LESMILLS BODYPUMP</div><div>4:00-4:45pm</div><div>Fitness Studio</div></div></div></div>						

▶ A B C G

Youth must be checked into Child Watch or Reach to participate

▶ LESMILLS 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](http://www.krocmemphis.org) or call 901-729-8007.

A

BIG

 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](http://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.
-  **SH'BAM:** Fun-loving and insanely addictive dance workout. No dance experience required!
-  **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.
-  **LES MILLS BARRE:** A modern version of classic balletic training, designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.
-  **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.

Text **FIT** to **51555** for  
fitness class updates  
& cancellations

**FITNESS DESK: 901-729-8068**

**FACILITY HOURS**

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

**F (5:00AM - 8PM)**

**S (7AM-7PM)**

**Su (12PM-5PM)**