

# Les Mills Virtual Class Schedule

**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 15 min STRETCH**  
3:00-3:30pm  
Cycle Studio
- ▶ **LES MILLS sprint**  
3:00-3:30pm  
Cycle Studio
- ▶ **LES MILLS THE TRIP**  
4:00-4:45pm  
Cycle Studio

**T**

- ▶ **LES MILLS BODYPUMP**  
5:15-6:00am  
Fitness Studio
- ▶ **LES MILLS RPM**  
6:00-6:50am  
Cycle 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 sprint**  
7:00-7:30pm  
Cycle 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**  
3:00-3:30pm  
Cycle Studio
- ▶ **LES MILLS sprint**  
3:00-3:30pm  
Cycle Studio
- ▶ **LES MILLS THE TRIP**  
4:00-4:45pm  
Cycle 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 sprint**  
7:00-7:30pm  
Cycle Studio

**F**

- ▶ **LES MILLS CORE**  
5:15-5:45am  
Fitness Studio
- ▶ **LES MILLS BODYBALANCE**  
6:35-7:35am  
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 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**  
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**  
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



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.

♥ **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.

## 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)**