

# KERNERSVILLE FAMILY YMCA



## Les Mills Virtual Cycle Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ON DEMAND</b> 5:00am-6:00am	<b>RPM</b> 5:30am-6:20am	<b>ON DEMAND</b> 5:00am-6:00am	<b>SPRINT</b> 5:30am-6:00am	<b>ON DEMAND</b> 5:00am-6:00am	<b>SPRINT</b> 9:30am-10:00am	<b>ON DEMAND</b> 12:30pm-4:30pm
<b>RPM</b> 6:45am-7:35am	<b>SPRINT</b> 6:30am-7:00am	<b>SPRINT</b> 6:00am-6:30am	<b>RPM</b> 6:45am-7:35am	<b>RPM</b> 6:00am-6:50am	<b>ON DEMAND</b> 10:00am-6:00pm	
<b>RPM</b> 10:45am-11:35am	<b>ON DEMAND</b> 7:00am-9:30am	<b>SPRINT</b> 9:30am-10:00am	<b>ON DEMAND</b> 7:00am-9:30am	<b>RPM</b> 9:30am-10:20am		
<b>SPRINT</b> 12:00pm-12:30pm	<b>SPRINT</b> 10:45am-11:15am	<b>RPM</b> 10:45am-11:35am	<b>SPRINT</b> 10:45am-11:15am	<b>ON DEMAND</b> 10:30am-5:30pm		
<b>ON DEMAND</b> 1:00pm-5:30pm	<b>RPM</b> 12:00pm-12:50pm	<b>SPRINT</b> 12:00pm-12:30pm	<b>RPM</b> 12:00pm-12:50pm	<b>ON DEMAND</b> 10:30am-6:30pm		
<b>SPRINT</b> 5:30pm-6:00pm	<b>ON DEMAND</b> 1:00pm-5:45pm	<b>ON DEMAND</b> 1:00pm-5:30pm	<b>ON DEMAND</b> 1:00pm-6:15pm	<b>ON DEMAND</b> 6:45pm-7:35pm		
<b>RPM</b> 6:00pm-6:50pm	<b>ON DEMAND</b> 6:45pm-8:45pm	<b>RPM</b> 6:45pm-7:35pm	<b>ON DEMAND</b> 6:45pm-8:45pm			
<b>ON DEMAND</b> 6:50pm-8:45pm		<b>ON DEMAND</b> 7:35pm-8:45pm				

# KERNERSVILLE FAMILY YMCA



## Les Mills Virtual Mind Body Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYCOMBAT</b> 5:30am-6:30am	<b>BODYPUMP</b> 5:30am-6:30am	<b>BODYPUMP</b> 5:30am-6:30am	<b>BODYCOMBAT</b> 5:30am-6:30am	<b>BODYBALANCE</b> 5:30am-6:30am	<b>CORE</b> 12:15pm-12:45pm	<b>BODYPUMP</b> 12:30pm-1:30pm
<b>CORE</b> 6:30am-7:00am	<b>CORE</b> 6:30am-7:00am	<b>CORE</b> 6:30am-7:00am	<b>CORE</b> 6:30am-7:00am	<b>CORE</b> 6:30am-7:00am	<b>SH'BAM</b> 12:45pm-1:30pm	<b>BODYCOMBAT</b> 1:30pm-2:30pm
<b>ON DEMAND</b> 7:00am-8:30am	<b>ON DEMAND</b> 7:00am-9:15am	<b>ON DEMAND</b> 7:00am-8:30am	<b>ON DEMAND</b> 7:00am-9:15am	<b>ON DEMAND</b> 7:00am-8:30am	<b>BODYPUMP</b> 1:30pm-2:30pm	<b>CORE</b> 2:30pm-3:00pm
<b>BODYCOMBAT</b> 8:30am-9:15am	<b>BODYBALANCE</b> 10:45am-11:15am	<b>BODYPUMP</b> 8:30am-9:15am	<b>SH'BAM</b> 10:45am-11:30am	<b>BODYBALANCE</b> 8:30am-9:15am	<b>ON DEMAND</b> 2:30pm-5:30pm	<b>SH'BAM</b> 3:00pm-3:45pm
<b>SH'BAM</b> 10:45am-11:30am	<b>CORE</b> 1:00pm-1:30pm	<b>BODYBALANCE</b> 10:45am-11:45am	<b>BODYCOMBAT</b> 12:15pm-1:00pm	<b>ON DEMAND</b> 11:45pm-1:00pm		<b>ON DEMAND</b> 3:45pm-5:55pm
<b>ON DEMAND</b> 11:30pm-5:00pm	<b>ON DEMAND</b> 1:30pm-3:15pm	<b>ON DEMAND</b> 11:45pm-5:15pm	<b>CORE</b> 1:00pm-1:30pm	<b>CORE</b> 1:00pm-1:30pm		
<b>CORE</b> 5:15pm-5:45pm	<b>CORE</b> 3:15pm-3:45pm		<b>ON DEMAND</b> 1:30pm-3:15pm	<b>BODYBALANCE</b> 2:30pm-3:15pm		
<b>BODYBALANCE</b> 7:15pm-8:00pm	<b>BODYCOMBAT</b> 3:45pm-4:30pm		<b>CORE</b> 3:15pm-3:45pm	<b>BODYBALANCE</b> 3:30pm-4:15pm		
	<b>BODYBALANCE</b> 4:30pm-5:15pm		<b>BODYCOMBAT</b> 3:45pm-4:30pm	<b>SH'BAM</b> 4:15pm-5:00pm		
	<b>CORE</b> 5:15pm-5:45pm		<b>CORE</b> 5:15pm-5:45pm	<b>CORE</b> 5:15pm-5:45pm		
				<b>BODYCOMBAT</b> 6:30pm-7:15pm		