

Eugene Swim and Tennis Club Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYPUMP 6:00AM - 7:00AM Studio 1</p> <p> LES MILLS RPM 7:05AM - 7:55AM Studio 1</p> <p> LES MILLS CORE 8:00AM - 8:45AM Studio 1</p> <p> LES MILLS BODYFLOW 8:55AM - 9:25AM Studio 1</p> <p> LES MILLS BODYPUMP 9:35AM - 10:35AM Studio 1</p> <p> LES MILLS RPM 11:05AM - 11:55AM Studio 1</p> <p> LES MILLS BODYCOMBAT 12:05PM - 1:05PM Studio 1</p> <p> LES MILLS BODYPUMP 3:00PM - 4:00PM Studio 1</p> <p> LES MILLS RPM 4:15PM - 5:05PM Studio 1</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM Studio 1</p> <p> LES MILLS BODYFLOW 6:30PM - 7:30PM Studio 1</p>	<p> LES MILLS BODYATTACK 6:00AM - 7:00AM Studio 1</p> <p> LES MILLS THE TRIP 7:05AM - 7:50AM Studio 1</p> <p> LES MILLS GRIT CARDIO 8:00AM - 8:30AM Studio 1</p> <p> LES MILLS BODYFLOW 8:40AM - 9:25AM Studio 1</p> <p> LES MILLS BODYATTACK 9:35AM - 10:35AM Studio 1</p> <p> LES MILLS BODYFLOW 10:40AM - 11:25AM Studio 1</p> <p> LES MILLS RPM 12:10PM - 1:00PM Studio 1</p> <p> LES MILLS BODYPUMP 2:00PM - 3:00PM Studio 1</p> <p> LES MILLS BODYCOMBAT 3:10PM - 4:10PM Studio 1</p> <p> LES MILLS CORE 4:15PM - 5:00PM Studio 1</p> <p> LES MILLS RPM 5:15PM - 6:05PM Studio 1</p> <p> LES MILLS THE TRIP 6:15PM - 7:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 6:00AM - 7:00AM Studio 1</p> <p> LES MILLS RPM 7:05AM - 7:55AM Studio 1</p> <p> LES MILLS CORE 8:00AM - 8:30AM Studio 1</p> <p> LES MILLS BODYCOMBAT 8:40AM - 9:25AM Studio 1</p> <p> LES MILLS BODYPUMP 9:35AM - 10:35AM Studio 1</p> <p> LES MILLS BODYFLOW 10:40AM - 11:40AM Studio 1</p> <p> LES MILLS RPM 11:45AM - 12:35PM Studio 1</p> <p> LES MILLS BODYPUMP 12:40PM - 1:10PM Studio 1</p> <p> LES MILLS BODYATTACK 3:00PM - 4:00PM Studio 1</p> <p> LES MILLS RPM 4:15PM - 5:05PM Studio 1</p> <p> LES MILLS BODYPUMP 5:15PM - 6:15PM Studio 1</p> <p> LES MILLS BODYFLOW 6:30PM - 7:30PM Studio 1</p>	<p> LES MILLS BODYATTACK 6:00AM - 7:00AM Studio 1</p> <p> LES MILLS THE TRIP 7:05AM - 7:50AM Studio 1</p> <p> LES MILLS GRIT ATHLETIC 8:00AM - 8:30AM Studio 1</p> <p> LES MILLS BODYFLOW 8:40AM - 9:25AM Studio 1</p> <p> LES MILLS BODYATTACK 9:35AM - 10:35AM Studio 1</p> <p> LES MILLS BODYFLOW 10:40AM - 11:25AM Studio 1</p> <p> LES MILLS BODYPUMP 11:35AM - 12:20PM Studio 1</p> <p> LES MILLS THE TRIP 12:25PM - 1:10PM Studio 1</p> <p> LES MILLS BODYFLOW 2:00PM - 3:00PM Studio 1</p> <p> LES MILLS RPM 3:05PM - 3:55PM Studio 1</p> <p> LES MILLS BODYCOMBAT 4:00PM - 5:00PM Studio 1</p> <p> LES MILLS CORE 5:15PM - 6:00PM Studio 1</p> <p> LES MILLS THE TRIP 6:15PM - 7:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 6:00AM - 7:00AM Studio 1</p> <p> LES MILLS RPM 7:10AM - 8:00AM Studio 1</p> <p> LES MILLS CORE 8:10AM - 8:55AM Studio 1</p> <p> LES MILLS BODYFLOW 9:00AM - 9:30AM Studio 1</p> <p> LES MILLS BODYPUMP 9:35AM - 10:35AM Studio 1</p> <p> LES MILLS RPM 11:05AM - 11:55AM Studio 1</p> <p> LES MILLS BODYPUMP 12:15PM - 1:00PM Studio 1</p> <p> LES MILLS BODYATTACK 3:00PM - 4:00PM Studio 1</p> <p> LES MILLS BODYATTACK 4:10PM - 5:10PM Studio 1</p> <p> LES MILLS THE TRIP 5:15PM - 6:00PM Studio 1</p> <p> LES MILLS BODYFLOW 6:10PM - 7:10PM Studio 1</p>	<p> LES MILLS BODYATTACK 8:00AM - 9:00AM Studio 1</p> <p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p> <p> LES MILLS RPM 12:10PM - 1:00PM Studio 1</p> <p>ONDEMAND 2:00PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 8:00AM - 9:00AM Studio 1</p> <p> LES MILLS BODYPUMP 9:15AM - 10:15AM Studio 1</p> <p>ONDEMAND 10:30AM - 6:00PM Studio 1</p>

LESMILLS
BODYATTACK

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

ONDEMAND

On Demand

LESMILLS
BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

LESMILLS
BODYCOMBAT

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

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BODYCOMBAT

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

LESMILLS
BODYFLOW

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

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BODYFLOW

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LESMILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

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LESMILLS
CORE

30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

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CORE

Core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.

LESMILLS
GRIT | ATHLETIC

A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.

LESMILLS
GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS
RPM

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

LESMILLS
THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

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