

# Eugene Swim and Tennis Club Group Exercise Timetable

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

**LES MILLS**  
**CORE**

On Demand

**LES MILLS**  
**BODYATTACK**

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

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

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

**LES MILLS**  
**BODYPUMP**

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

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**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.

**LES MILLS**  
**CORE**

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

**LES MILLS**  
**CORE**

Put the focus on your abdominal muscles in a short workout designed to improve your core strength and tone your abs.

**LES MILLS**  
**THE TRIP**

High-intensity interval training that improves cardiovascular fitness.

**LES MILLS**  
**RPM**

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

**LES MILLS**  
**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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