

YMCA - Southside Virginia Family Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL BODYCOMBAT 5:45AM - 6:15AM Studio 1	VIRTUAL BODYCOMBAT 7:30AM - 8:30AM Studio 1	VIRTUAL BODYCOMBAT 5:45AM - 6:15AM Studio 1	VIRTUAL BODYCOMBAT 7:30AM - 8:30AM Studio 1	VIRTUAL BODYCOMBAT 5:45AM - 6:15AM Studio 1	VIRTUAL BODYCOMBAT 12:00PM - 1:00PM Studio 1	VIRTUAL BODYPUMP 1:30PM - 2:30PM Studio 1
VIRTUAL CXWORX 7:30AM - 8:00AM Studio 1	VIRTUAL SPRINT 12:00PM - 12:30PM Studio 1	VIRTUAL CXWORX 7:30AM - 8:00AM Studio 1	VIRTUAL SPRINT 12:00PM - 12:30PM Studio 1	VIRTUAL BODYPUMP 8:00AM - 9:00AM Studio 1	VIRTUAL CXWORX 1:15PM - 1:45PM Studio 1	VIRTUAL CXWORX 2:45PM - 3:15PM Studio 1
VIRTUAL BODYPUMP 8:30AM - 9:30AM Studio 1	VIRTUAL CXWORX 1:00PM - 1:30PM Studio 1	VIRTUAL BODYPUMP 8:30AM - 9:30AM Studio 1	VIRTUAL CXWORX 1:00PM - 1:30PM Studio 1	VIRTUAL RPM 10:45AM - 11:35AM Studio 1	VIRTUAL RPM 2:00PM - 2:50PM Studio 1	VIRTUAL BODYCOMBAT 3:30PM - 4:30PM Studio 1
VIRTUAL BODYCOMBAT 11:30AM - 12:30PM Studio 1	VIRTUAL BODYCOMBAT 2:00PM - 3:00PM Studio 1	VIRTUAL CXWORX 12:30PM - 1:00PM Studio 1	VIRTUAL BODYCOMBAT 2:00PM - 3:00PM Studio 1	VIRTUAL CXWORX 11:45AM - 12:15PM Studio 1	VIRTUAL SPRINT 3:00PM - 3:30PM Studio 1	
VIRTUAL CXWORX 12:45PM - 1:15PM Studio 1	VIRTUAL RPM 3:30PM - 4:20PM Studio 1	VIRTUAL BODYPUMP 1:15PM - 2:15PM Studio 1		VIRTUAL BODYCOMBAT 12:30PM - 1:30PM Studio 1		
VIRTUAL BODYPUMP 1:30PM - 2:30PM Studio 1		VIRTUAL RPM 2:30PM - 3:20PM Studio 1		VIRTUAL CXWORX 2:00PM - 2:30PM Studio 1		
VIRTUAL SPRINT 3:00PM - 3:30PM Studio 1		VIRTUAL SPRINT 8:00PM - 8:30PM Studio 1		VIRTUAL BODYPUMP 3:00PM - 4:00PM Studio 1		
VIRTUAL BODYCOMBAT 5:15PM - 5:45PM Studio 1				VIRTUAL SPRINT 4:30PM - 5:00PM Studio 1		
				VIRTUAL BODYPUMP 5:30PM - 6:30PM Studio 1		
				VIRTUAL BODYCOMBAT 7:00PM - 7:45PM Studio 1		



Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.



Learn the basic moves and format of a LES MILLS BODYPUMP workout in this quick introduction.




Learn the basic moves and format of a LES MILLS CXWORX workout in this quick introduction.



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



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