

YMCA - Southside Virginia Family Group Exercise Timetable

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|---|---|--|
| VIRTUAL BODYCOMBAT 6:15AM - 6:45AM Studio 1 | VIRTUAL BODYCOMBAT 7:30AM - 8:30AM Studio 1 | VIRTUAL CXWORX 7:30AM - 8:00AM Studio 1 | VIRTUAL BODYCOMBAT 7:30AM - 8:30AM Studio 1 | VIRTUAL BODYCOMBAT 6:15AM - 6:45AM Studio 1 | VIRTUAL SH'BAM 10:30AM - 11:15AM Studio 1 | VIRTUAL BODYPUMP 1:30PM - 2:30PM Studio 1 |
| VIRTUAL CXWORX 7:30AM - 8:00AM Studio 1 | VIRTUAL RPM 11:00AM - 11:50AM Studio 1 | VIRTUAL SH'BAM 10:00AM - 10:45AM Studio 1 | VIRTUAL BODYCOMBAT 10:05AM - 10:50AM Studio 1 | VIRTUAL BODYPUMP 7:30AM - 8:30AM Studio 1 | VIRTUAL BODYCOMBAT 12:00PM - 1:00PM Studio 1 | VIRTUAL CXWORX 3:00PM - 3:30PM Studio 1 |
| VIRTUAL BODYPUMP 9:00AM - 10:00AM Studio 1 | VIRTUAL SH'BAM 12:00PM - 12:45PM Studio 1 | BODYCOMBAT™ 11:10AM - 12:10PM Studio 1 | VIRTUAL CXWORX 11:00AM - 11:30AM Studio 1 | VIRTUAL BODYPUMP 9:00AM - 10:00AM Studio 1 | VIRTUAL CXWORX 1:15PM - 1:45PM Studio 1 | |
| VIRTUAL CXWORX 10:15AM - 10:45AM Studio 1 | VIRTUAL CXWORX 1:00PM - 1:30PM Studio 1 | VIRTUAL CXWORX 12:30PM - 1:00PM Studio 1 | VIRTUAL SH'BAM 12:00PM - 12:45PM Studio 1 | VIRTUAL CXWORX 10:15AM - 10:45AM Studio 1 | VIRTUAL RPM 2:00PM - 2:50PM Studio 1 | |
| VIRTUAL RPM 11:00AM - 11:50AM Studio 1 | VIRTUAL BODYCOMBAT 2:00PM - 3:00PM Studio 1 | VIRTUAL BODYPUMP 1:15PM - 2:15PM Studio 1 | VIRTUAL CXWORX 1:00PM - 1:30PM Studio 1 | VIRTUAL BODYCOMBAT 12:30PM - 1:30PM Studio 1 | | |
| VIRTUAL SH'BAM 12:15PM - 12:45PM Studio 1 | VIRTUAL RPM 3:30PM - 4:20PM Studio 1 | VIRTUAL RPM 2:30PM - 3:20PM Studio 1 | VIRTUAL BODYCOMBAT 2:00PM - 3:00PM Studio 1 | VIRTUAL CXWORX 2:00PM - 2:30PM Studio 1 | | |
| VIRTUAL BODYPUMP 1:00PM - 2:00PM Studio 1 | VIRTUAL BODYPUMP 5:30PM - 6:30PM Studio 1 | | | VIRTUAL BODYPUMP 3:00PM - 4:00PM Studio 1 | | |
| VIRTUAL SH'BAM 2:30PM - 3:15PM Studio 1 | VIRTUAL BODYCOMBAT 6:45PM - 7:45PM Studio 1 | | | VIRTUAL SH'BAM 4:30PM - 5:00PM Studio 1 | | |
| | | | | VIRTUAL RPM 5:15PM - 6:05PM Studio 1 | | |

LES MILLS
BODYCOMBAT

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

LES MILLS
BODYCOMBAT

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

LES MILLS
BODYPUMP

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

LES MILLS
CXWORX

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

LES MILLS
RPM

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

LES MILLS
SH'BAM

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

YMCA - Southside
Virginia Family
Group Exercise Timetable