














JCC - Akron Les Mills Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYFLOW 6:00AM - 6:45AM Studio 1	LES MILLS BODYFLOW 7:00AM - 7:30AM Studio 1	LES MILLS BODYCOMBAT 6:00AM - 6:45AM Studio 1	LES MILLS BODYFLOW 7:00AM - 7:30AM Studio 1	LES MILLS BODYCOMBAT 6:00AM - 6:45AM Studio 1	LES MILLS BODYCOMBAT 8:15AM - 8:45AM Studio 1	LES MILLS BODYPUMP 8:30AM - 9:00AM Studio 1
LES MILLS BODYCOMBAT 6:45AM - 7:30AM Studio 1	LES MILLS barre 7:30AM - 8:00AM Studio 1	LES MILLS BODYFLOW 6:45AM - 7:00AM Studio 1	LES MILLS BODYCOMBAT 7:30AM - 8:00AM Studio 1	LES MILLS CXWORX 6:45AM - 7:00AM Studio 1	LES MILLS GRIT CARDIO 9:00AM - 9:30AM Studio 1	LES MILLS CXWORX 9:15AM - 9:30AM Studio 1
LES MILLS barre 8:30AM - 9:00AM Studio 1	LES MILLS BODYPUMP 11:00AM - 11:30AM Studio 1	LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1	LES MILLS BODYPUMP 8:00AM - 9:00AM Studio 1	LES MILLS BODYCOMBAT 7:00AM - 7:30AM Studio 1	LES MILLS BODYPUMP 9:45AM - 10:30AM Studio 1	LES MILLS GRIT CARDIO 9:30AM - 10:00AM Studio 1
LES MILLS BODYPUMP 11:00AM - 11:30AM Studio 1	LES MILLS barre 11:30AM - 12:00PM Studio 1	LES MILLS SH'BAM 8:00AM - 8:45AM Studio 1	LES MILLS CXWORX 9:00AM - 9:15AM Studio 1	LES MILLS CXWORX 7:40AM - 7:55AM Studio 1	LES MILLS SH'BAM 10:40AM - 11:10AM Studio 1	LES MILLS SH'BAM 10:15AM - 10:45AM Studio 1
LES MILLS SH'BAM 12:00PM - 12:45PM Studio 1	LES MILLS BODYFLOW 12:15PM - 12:45PM Studio 1	LES MILLS BODYPUMP 10:15AM - 11:00AM Studio 1	LES MILLS CXWORX 9:30AM - 10:00AM Studio 1	LES MILLS SH'BAM 10:00AM - 10:45AM Studio 1	LES MILLS GRIT CARDIO 11:15AM - 11:45AM Studio 1	LES MILLS BODYPUMP 11:00AM - 11:30AM Studio 1
LES MILLS BODYFLOW 1:00PM - 1:15PM Studio 1	LES MILLS GRIT CARDIO 12:45PM - 1:15PM Studio 1	LES MILLS BODYFLOW 11:10AM - 11:30AM Studio 1	LES MILLS BODYCOMBAT 10:30AM - 11:15AM Studio 1	LES MILLS GRIT CARDIO 11:00AM - 11:30AM Studio 1	LES MILLS GRIT CARDIO 11:45AM - 12:15PM Studio 1	LES MILLS barre 11:30AM - 12:00PM Studio 1
LES MILLS BODYFLOW 1:15PM - 1:30PM Studio 1	LES MILLS BODYPUMP 3:15PM - 4:00PM Studio 1	LES MILLS barre 11:30AM - 12:00PM Studio 1	LES MILLS barre 11:30AM - 12:00PM Studio 1	LES MILLS barre 11:30AM - 12:00PM Studio 1	LES MILLS CXWORX 12:15PM - 12:45PM Studio 1	LES MILLS CXWORX 12:15PM - 12:45PM Studio 1
LES MILLS BODYPUMP 2:00PM - 2:20PM Studio 1	LES MILLS BODYFLOW 4:00PM - 4:30PM Studio 1	LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1	LES MILLS BODYFLOW 12:15PM - 12:35PM Studio 1	LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1	LES MILLS BODYFLOW 1:00PM - 1:30PM Studio 1	LES MILLS BODYFLOW 1:00PM - 1:30PM Studio 1
LES MILLS BODYPUMP 2:30PM - 2:50PM Studio 1	LES MILLS BODYCOMBAT 4:30PM - 5:15PM Studio 1	LES MILLS BODYFLOW 12:45PM - 1:15PM Studio 1	LES MILLS SH'BAM 12:45PM - 1:15PM Studio 1	LES MILLS BODYFLOW 12:30PM - 1:00PM Studio 1	LES MILLS CXWORX 2:00PM - 2:30PM Studio 1	LES MILLS GRIT CARDIO 2:00PM - 2:30PM Studio 1
LES MILLS BODYCOMBAT 3:00PM - 3:30PM Studio 1	LES MILLS SH'BAM 5:15PM - 6:00PM Studio 1	LES MILLS BODYPUMP 2:00PM - 2:15PM Studio 1	LES MILLS BODYPUMP 2:00PM - 2:30PM Studio 1	LES MILLS CXWORX 1:00PM - 1:15PM Studio 1	LES MILLS BODYCOMBAT 2:45PM - 3:15PM Studio 1	LES MILLS CXWORX 2:45PM - 3:15PM Studio 1
LES MILLS BODYFLOW 3:45PM - 4:15PM Studio 1		LES MILLS BODYPUMP 2:30PM - 2:45PM Studio 1	LES MILLS BODYFLOW 2:30PM - 2:50PM Studio 1	LES MILLS CXWORX 1:15PM - 1:30PM Studio 1	LES MILLS CXWORX 3:15PM - 3:30PM Studio 1	LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM Studio 1
LES MILLS CXWORX 4:15PM - 4:30PM Studio 1		LES MILLS BODYCOMBAT 3:00PM - 3:30PM Studio 1	LES MILLS GRIT CARDIO 3:00PM - 3:30PM Studio 1	LES MILLS BODYFLOW 2:30PM - 2:50PM Studio 1	LES MILLS GRIT CARDIO 3:30PM - 4:00PM Studio 1	
LES MILLS GRIT CARDIO 4:30PM - 5:00PM Studio 1		LES MILLS GRIT ATHLETIC 5:00PM - 5:30PM Studio 1	LES MILLS GRIT ATHLETIC 3:45PM - 4:15PM Studio 1	LES MILLS CXWORX 3:15PM - 3:30PM Studio 1		
LES MILLS CXWORX 5:00PM - 5:15PM Studio 1		LES MILLS GRIT CARDIO 5:30PM - 6:00PM Studio 1	LES MILLS BODYCOMBAT 4:30PM - 5:00PM Studio 1	LES MILLS BODYFLOW 4:30PM - 4:50PM Studio 1		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 GRIT CARDIO 6:30PM - 7:00PM Studio 1			 GRIT CARDIO 5:00PM - 5:30PM Studio 1			

			 BODYPUMP 5:30PM - 6:00PM Studio 1			
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PROGRAM	CATEGORY	DESCRIPTION	DURATION	INTENSITY	BENEFITS
 BODYFLOW	Mind / Body	FEEL BALANCED. A Yoga, Tai Chi and Pilates Inspired workout that leaves you long, strong, and centered.	55*	Low	<ul style="list-style-type: none"> → Improve joint flexibility & range of motion → Tone & shape → Enhance mental wellbeing
 SH'BAM	Dance	FREE YOURSELF. Cut loose to the hottest new workout with fun moves and shakin' tunes.	45	Moderate	<ul style="list-style-type: none"> → Burn calories → Tone & shape → Develop self expression
 barre	Strength	BEAUTIFUL BURN. Ballet Inspired style of training that works to shape and tone your whole body.	30	Moderate	<ul style="list-style-type: none"> → Tone & shape → Strengthen the core → Improve joint flexibility & range of motion
 CXWORX	Strength	FIND YOUR CENTER. Personal training-Inspired workout to build and maintain a superior functioning core.	30	Moderate	<ul style="list-style-type: none"> → Tighten & tone → Increase functional strength → Improve balance and stability
 BODYPUMP	Strength	BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.	55*	Moderate – High	<ul style="list-style-type: none"> → Increase strength / endurance → Tone & shape → Help maintain bone health
 RPM	Cardio	RIDE HARD. High Intensity Interval training set to tunes that will get your pulse racing. Get results faster.	45	Moderate – High	<ul style="list-style-type: none"> → Improve heart & lung fitness → Increase leg strength & endurance
 BODYCOMBAT	Cardio	BE FIERCE. A mix of Martial Arts and endurance, unleashing strength you never knew you had.	55*	High	<ul style="list-style-type: none"> → Tone & shape → Increase strength & endurance → Build self-confidence
 BODYATTACK	Cardio	BE UNSTOPPABLE. The full-on, high-energy cardio workout to energizing tunes.	55*	High	<ul style="list-style-type: none"> → Improve agility, coordination and endurance → Improve heart & lung fitness
 sprint	HIIT	RAPID RESULTS. Quick and hard style of cycle training returns rapid results with zero joint impact.	30	High	<ul style="list-style-type: none"> → Shape & tone → Burn calories → Improve heart & lung fitness
 GRIT	HIIT	STRENGTH-ATHLETIC-CARDIO. High Intensity Interval Training. Uses barbell, weight plate and body weight exercises.	30	High	<ul style="list-style-type: none"> → Rapidly improve strength → Increase lean muscle → Get fit fast