

JCC - Akron Les Mills Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS BODYFLOW 6:00AM - 6:45AM Studio 1</p> <p> LES MILLS BODYCOMBAT 7:00AM - 7:30AM Studio 1</p> <p> barre 8:30AM - 9:00AM Studio 1</p> <p> LES MILLS BODYPUMP 11:00AM - 11:45AM Studio 1</p> <p> LES MILLS SH'BAM 12:00PM - 12:45PM Studio 1</p> <p> LES MILLS BODYFLOW 1:00PM - 1:15PM Studio 1</p> <p> LES MILLS BODYFLOW 1:15PM - 1:30PM Studio 1</p> <p> LES MILLS BODYPUMP 2:00PM - 2:20PM Studio 1</p> <p> LES MILLS BODYPUMP 2:30PM - 2:50PM Studio 1</p> <p> LES MILLS BODYCOMBAT 3:00PM - 3:30PM Studio 1</p> <p> LES MILLS BODYFLOW 3:45PM - 4:15PM Studio 1</p> <p> LES MILLS CXWORX 4:30PM - 4:45PM Studio 1</p> <p> LES MILLS GRIT CARDIO 5:00PM - 5:30PM Studio 1</p> <p> LES MILLS GRIT CARDIO 6:30PM - 7:00PM Studio 1</p>	<p> LES MILLS BODYFLOW 7:15AM - 7:45AM Studio 1</p> <p> LES MILLS CXWORX 9:00AM - 9:15AM Studio 1</p> <p> LES MILLS BODYPUMP 10:45AM - 11:15AM Studio 1</p> <p> barre 11:30AM - 12:00PM Studio 1</p> <p> LES MILLS BODYFLOW 12:15PM - 12:45PM Studio 1</p> <p> LES MILLS GRIT CARDIO 12:45PM - 1:15PM Studio 1</p> <p> LES MILLS BODYFLOW 2:30PM - 2:50PM Studio 1</p> <p> LES MILLS GRIT ATHLETIC 3:00PM - 3:30PM Studio 1</p> <p> LES MILLS GRIT STRENGTH 3:45PM - 4:15PM Studio 1</p> <p> LES MILLS BODYCOMBAT 4:30PM - 5:00PM Studio 1</p> <p> barre 5:15PM - 5:45PM Studio 1</p> <p> LES MILLS CXWORX 5:45PM - 6:00PM Studio 1</p> <p> LES MILLS BODYPUMP 6:10PM - 6:55PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:00AM - 6:45AM Studio 1</p> <p> LES MILLS BODYPUMP 7:00AM - 7:30AM Studio 1</p> <p> LES MILLS BODYFLOW 7:45AM - 8:15AM Studio 1</p> <p> LES MILLS SH'BAM 8:30AM - 9:00AM Studio 1</p> <p> LES MILLS GRIT CARDIO 9:05AM - 9:35AM Studio 1</p> <p> LES MILLS CXWORX 9:45AM - 10:00AM Studio 1</p> <p> LES MILLS BODYPUMP 10:05AM - 11:05AM Studio 1</p> <p> LES MILLS BODYFLOW 11:10AM - 11:30AM Studio 1</p> <p> LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1</p> <p> LES MILLS BODYFLOW 12:45PM - 1:15PM Studio 1</p> <p> LES MILLS BODYPUMP 2:00PM - 2:15PM Studio 1</p> <p> LES MILLS BODYPUMP 2:30PM - 2:45PM Studio 1</p> <p> LES MILLS BODYCOMBAT 3:30PM - 4:30PM Studio 1</p> <p> LES MILLS BODYCOMBAT 5:00PM - 5:30PM Studio 1</p>	<p> LES MILLS BODYFLOW 7:15AM - 7:45AM Studio 1</p> <p> LES MILLS BODYPUMP 8:00AM - 9:00AM Studio 1</p> <p> LES MILLS CXWORX 9:00AM - 9:15AM Studio 1</p> <p> LES MILLS BODYCOMBAT 10:30AM - 11:15AM Studio 1</p> <p> barre 11:30AM - 12:00PM Studio 1</p> <p> LES MILLS BODYFLOW 12:15PM - 12:35PM Studio 1</p> <p> LES MILLS SH'BAM 12:45PM - 1:15PM Studio 1</p> <p> LES MILLS BODYFLOW 2:30PM - 2:50PM Studio 1</p> <p> LES MILLS GRIT CARDIO 3:00PM - 3:30PM Studio 1</p> <p> LES MILLS GRIT ATHLETIC 3:45PM - 4:15PM Studio 1</p> <p> LES MILLS BODYCOMBAT 4:30PM - 5:00PM Studio 1</p> <p> LES MILLS GRIT CARDIO 5:15PM - 5:45PM Studio 1</p> <p> LES MILLS CXWORX 5:45PM - 6:00PM Studio 1</p>	<p> LES MILLS BODYCOMBAT 6:00AM - 6:45AM Studio 1</p> <p> LES MILLS CXWORX 6:45AM - 7:00AM Studio 1</p> <p> LES MILLS BODYCOMBAT 7:00AM - 7:30AM Studio 1</p> <p> LES MILLS CXWORX 7:40AM - 7:55AM Studio 1</p> <p> LES MILLS GRIT CARDIO 10:00AM - 10:30AM Studio 1</p> <p> LES MILLS GRIT STRENGTH 10:45AM - 11:15AM Studio 1</p> <p> LES MILLS CXWORX 11:15AM - 11:30AM Studio 1</p> <p> LES MILLS SH'BAM 11:45AM - 12:30PM Studio 1</p> <p> LES MILLS BODYFLOW 12:30PM - 1:00PM Studio 1</p> <p> LES MILLS CXWORX 1:00PM - 1:15PM Studio 1</p> <p> LES MILLS BODYFLOW 2:30PM - 2:50PM Studio 1</p> <p> LES MILLS CXWORX 3:15PM - 3:30PM Studio 1</p> <p> LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM Studio 1</p> <p> LES MILLS GRIT CARDIO 4:15PM - 4:45PM Studio 1</p>	<p> LES MILLS BODYFLOW 8:15AM - 8:45AM Studio 1</p> <p> LES MILLS GRIT CARDIO 9:00AM - 9:30AM Studio 1</p> <p> LES MILLS CXWORX 9:30AM - 9:45AM Studio 1</p> <p> LES MILLS BODYCOMBAT 10:00AM - 10:45AM Studio 1</p> <p> LES MILLS SH'BAM 11:00AM - 11:45AM Studio 1</p> <p> LES MILLS CXWORX 12:00PM - 12:30PM Studio 1</p> <p> LES MILLS BODYPUMP 12:45PM - 1:15PM Studio 1</p> <p> LES MILLS BODYFLOW 1:30PM - 1:50PM Studio 1</p> <p> LES MILLS CXWORX 2:00PM - 2:30PM Studio 1</p> <p> LES MILLS BODYCOMBAT 2:45PM - 3:15PM Studio 1</p> <p> LES MILLS CXWORX 3:15PM - 3:30PM Studio 1</p> <p> LES MILLS GRIT CARDIO 3:30PM - 4:00PM Studio 1</p>	<p> LES MILLS BODYPUMP 8:15AM - 9:00AM Studio 1</p> <p> LES MILLS CXWORX 9:00AM - 9:15AM Studio 1</p> <p> LES MILLS GRIT CARDIO 9:30AM - 10:00AM Studio 1</p> <p> LES MILLS BODYFLOW 10:15AM - 10:35AM Studio 1</p> <p> LES MILLS BODYCOMBAT 10:45AM - 11:15AM Studio 1</p> <p> barre 11:30AM - 12:00PM Studio 1</p> <p> LES MILLS BODYFLOW 12:15PM - 12:45PM Studio 1</p> <p> LES MILLS SH'BAM 1:00PM - 1:45PM Studio 1</p> <p> LES MILLS CXWORX 1:45PM - 2:00PM Studio 1</p> <p> LES MILLS GRIT CARDIO 2:00PM - 2:30PM Studio 1</p> <p> LES MILLS CXWORX 2:45PM - 3:15PM Studio 1</p> <p> LES MILLS BODYPUMP 2:45PM - 3:15PM Studio 1</p> <p> barre 3:30PM - 4:00PM Studio 1</p>

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

Sunday

 **GRIT** | **CARDIO**
5:30PM - 6:00PM
Studio 1