

# YMCA - Northwest North Carolina - Davie Family Les Mills VIRTUAL Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VIRTUAL BODYPUMP 45 Mins</b> 5:30AM - 6:15AM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 5:30AM - 6:20AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 5:30AM - 6:00AM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 5:30AM - 6:20AM DV Group Exercise Studio	<b>VIRTUAL THE TRIP 45 Mins</b> 5:30AM - 6:15AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 8:05AM - 8:50AM DV Group Exercise Studio	
<b>VIRTUAL THE TRIP 45 Mins</b> 6:25AM - 7:10AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 6:30AM - 7:30AM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 6:05AM - 6:35AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 6:30AM - 7:15AM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 6:25AM - 7:10AM DV Group Exercise Studio	<b>SPRINT</b> 9:00AM - 9:30AM DV Group Exercise Studio	
<b>VIRTUAL SPRINT 30 Mins</b> 7:15AM - 7:45AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 7:50AM - 8:20AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 6:40AM - 7:10AM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 7:50AM - 8:20AM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 7:20AM - 8:10AM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 10:45AM - 11:30AM DV Group Exercise Studio	
<b>VIRTUAL CORE 30 Mins</b> 7:50AM - 8:20AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 8:30AM - 9:15AM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 45 Mins</b> 7:20AM - 8:05AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 8:30AM - 9:15AM DV Group Exercise Studio	<b>BODYPUMP™</b> 8:30AM - 9:15AM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 11:40AM - 12:30PM DV Group Exercise Studio	
<b>BODYCOMBAT™</b> 8:30AM - 9:30AM DV Group Exercise Studio	<b>SPRINT</b> 9:30AM - 10:00AM DV Group Exercise Studio	<b>BODYPUMP™</b> 8:30AM - 9:30AM DV Group Exercise Studio	<b>SPRINT</b> 9:30AM - 10:00AM DV Group Exercise Studio	<b>RPM™</b> 9:30AM - 10:15AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 12:40PM - 1:40PM DV Group Exercise Studio	
<b>BODYPUMP™</b> 9:45AM - 10:30AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 10:15AM - 11:15AM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 45 Mins</b> 9:45AM - 10:30AM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 45 Mins</b> 10:15AM - 11:00AM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 10:25AM - 10:55AM DV Group Exercise Studio	<b>VIRTUAL THE TRIP 45 Mins</b> 1:45PM - 2:30PM DV Group Exercise Studio	
<b>VIRTUAL CORE 30 Mins</b> 10:45AM - 11:15AM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 11:30AM - 12:00PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 10:35AM - 11:05AM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 11:25AM - 12:15PM DV Group Exercise Studio	<b>VIRTUAL THE TRIP 45 Mins</b> 11:00AM - 11:45AM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 2:45PM - 3:15PM DV Group Exercise Studio	
<b>VIRTUAL RPM 50 Mins</b> 11:20AM - 12:10PM DV Group Exercise Studio	<b>VIRTUAL BODYPUMP 45 Mins</b> 12:20PM - 1:05PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 11:10AM - 12:10PM DV Group Exercise Studio	<b>VIRTUAL BODYPUMP 60 Mins</b> 12:20PM - 1:20PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 11:50AM - 12:20PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 3:20PM - 3:50PM DV Group Exercise Studio	
<b>VIRTUAL SPRINT 30 Mins</b> 12:15PM - 12:45PM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 1:10PM - 2:00PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 12:15PM - 12:45PM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 45 Mins</b> 1:25PM - 2:10PM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 12:20PM - 1:10PM DV Group Exercise Studio		
<b>VIRTUAL BODYCOMBAT 60 Mins</b> 12:50PM - 1:50PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 2:15PM - 2:45PM DV Group Exercise Studio	<b>VIRTUAL THE TRIP 45 Mins</b> 12:50PM - 1:35PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 2:15PM - 2:45PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 1:25PM - 1:55PM DV Group Exercise Studio		
<b>VIRTUAL BODYPUMP 45 Mins</b> 2:00PM - 2:45PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 3:00PM - 4:00PM DV Group Exercise Studio	<b>VIRTUAL BODYPUMP 60 Mins</b> 2:00PM - 3:00PM DV Group Exercise Studio	<b>VIRTUAL THE TRIP 45 Mins</b> 3:00PM - 3:45PM DV Group Exercise Studio	<b>VIRTUAL BODYBALANCE 60 Mins</b> 2:05PM - 3:05PM DV Group Exercise Studio		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>VIRTUAL SPRINT 30 Mins</b> 2:50PM - 3:20PM DV Group Exercise Studio	<b>VIRTUAL SPRINT 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 3:05PM - 4:05PM DV Group Exercise Studio	<b>VIRTUAL RPM 50 Mins</b> 4:10PM - 5:00PM DV Group Exercise Studio	<b>VIRTUAL CORE 45 Mins</b> 3:15PM - 4:00PM DV Group Exercise Studio		
<b>VIRTUAL CORE 30 Mins</b> 3:35PM - 4:05PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 30 Mins</b> 5:00PM - 5:30PM DV Group Exercise Studio	<b>VIRTUAL CORE 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>BODYPUMP™</b> 5:40PM - 6:40PM DV Group Exercise Studio	<b>VIRTUAL BODYPUMP 60 Mins</b> 4:10PM - 5:10PM DV Group Exercise Studio		
<b>VIRTUAL BODYCOMBAT 30 Mins</b> 4:10PM - 4:40PM DV Group Exercise Studio	<b>BODYPUMP™</b> 5:40PM - 6:25PM DV Group Exercise Studio	<b>VIRTUAL BODYATTACK 30 Mins</b> 4:45PM - 5:15PM DV Group Exercise Studio	<b>VIRTUAL BODYCOMBAT 60 Mins</b> 6:45PM - 7:45PM DV Group Exercise Studio	<b>VIRTUAL THE TRIP 45 Mins</b> 5:30PM - 6:15PM DV Group Exercise Studio		
<b>VIRTUAL CORE 30 Mins</b> 4:45PM - 5:15PM DV Group Exercise Studio	<b>RPM™</b> 6:35PM - 7:20PM DV Group Exercise Studio	<b>SPRINT</b> 5:30PM - 6:00PM DV Group Exercise Studio		<b>VIRTUAL BODYBALANCE 45 Mins</b> 6:20PM - 7:05PM DV Group Exercise Studio		
<b>SPRINT</b> 5:30PM - 6:00PM DV Group Exercise Studio		<b>VIRTUAL BODYCOMBAT 45 Mins</b> 6:15PM - 7:00PM DV Group Exercise Studio		<b>VIRTUAL RPM 50 Mins</b> 7:10PM - 8:00PM DV Group Exercise Studio		
<b>VIRTUAL BODYBALANCE 45 Mins</b> 6:15PM - 7:00PM DV Group Exercise Studio		<b>VIRTUAL THE TRIP 45 Mins</b> 7:10PM - 7:55PM DV Group Exercise Studio				
<b>VIRTUAL SPRINT 30 Mins</b> 7:15PM - 7:45PM DV Group Exercise Studio						

**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**  
**BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**LES MILLS**  
**RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**LES MILLS**  
**sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**LES MILLS**  
**BODYATTACK**

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

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**BODYATTACK**

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

**LES MILLS**  
**BODYBALANCE**

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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**BODYBALANCE**

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

**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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**LES MILLS**  
**BODYPUMP**

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

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**BODYPUMP**

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

**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**  
**RPM**

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

**LES MILLS**  
**sprint**

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.

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

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

YMCA - Northwest North  
Carolina - Davie Family  
Group Exercise Timetable