

LES MILLS
GRIT

LES MILLS
BODYSTEP

LES MILLS
RPM

LES MILLS
sprint

SUN

MON

TUE

WED

THU

FRI

SAT

1
SPRINT
strength

2
classic

3
athletic

7

5
athletic

6

7

8
RPM
cardio

9
athletic

10
cardio

11

12
strength

13

14

15
SPRINT
athletic

16
classic

17
strength

18

19
cardio

20

21

22
RPM
Strength

23

24
athletic

25

26
athletic

27

28

Feb, 2023