

LES MILLS  
**GRIT**

LES MILLS  
**BODYSTEP**

LES MILLS  
**RPM**

LES MILLS  
**sprint**

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4  
RPM  
strength

5  
athletic

6  
athletic

7

8

9

10

11

12

13

14

15  
athletic

16

17

18  
SPRINT  
cardio

19  
classic

20  
cardio

21

22  
strength

23

24

25  
RPM  
athletic

26  
athletic

27  
strength

28

29  
cardio

30

31