

LES MILLS VIRTUAL+ M

IT'S LES MILLS ON YOUR CLUB'S BIG SCREEN

LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results.

More classes, more times, more ways to fit YOUR schedule.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

7:30 AM
LES MILLS
BODYBALANCE
45 min (V)

7:30 AM
LES MILLS
BODYCOMBAT
45 min (V)

7:30 AM
LES MILLS
CORE
45 min (V)

7:30 AM
LES MILLS
BODYATTACK
60 min (V)

7:30 AM
LES MILLS
BODYCOMBAT
45 min (V)

7:30 AM
LES MILLS
BODYBALANCE
45 min (V)

8:30 AM
LES MILLS
BODYCOMBAT
45 min (V)

8:30 AM
LES MILLS
CORE
45 min (V)

8:30 AM
LES MILLS
BODYBALANCE
45 min (V)

8:30 AM
LES MILLS
BODYCOMBAT
45 min (V)

8:30 AM
LES MILLS
CORE
45 min (V)

8:30 AM
LES MILLS
CORE
45 min (V)

10:45 AM
LES MILLS
CORE
45 min (V)

10:45 AM
LES MILLS
BODYBALANCE
45 min (V)

12:00 PM
LES MILLS
BODYCOMBAT
45 min (V)

1:30 PM
LES MILLS
BODYBALANCE
45 min (V)

1:30 PM
LES MILLS
BODYCOMBAT
45 min (V)

1:30 PM
LES MILLS
BODYBALANCE
45 min (V)

1:30 PM
LES MILLS
CORE
45 min (V)

1:30 PM
LES MILLS
BODYBALANCE
45 min (V)

2:30 PM
LES MILLS
BODYBALANCE
45 min (V)

2:30 PM
LES MILLS
CORE
45 min (V)

2:30 PM
LES MILLS
BODYBALANCE
45 min (V)

2:30 PM
LES MILLS
BODYATTACK
60 min (V)

2:30 PM
LES MILLS
BODYCOMBAT
45 min (V)

3:30 PM
LES MILLS
CORE
45 min (V)

3:30 PM
LES MILLS
BODYATTACK
45 min (V)

3:30 PM
LES MILLS
BODYCOMBAT
45 min (V)

3:30 PM
LES MILLS
BODYBALANCE
45 min (V)

4:30 PM
LES MILLS
BODYCOMBAT
45 min (V)

4:30 PM
LES MILLS
CORE
30 min (V)

4:30 PM
LES MILLS
BODYCOMBAT
45 min (V)

4:30 PM
LES MILLS
BODYBALANCE
45 min (V)

7:30 AM
LES MILLS
BODYATTACK
60 min (V)

5:30 PM
LES MILLS
BODYCOMBAT
45 min (V)

Scan to see the online version!



8:30 AM
LES MILLS
BODYBALANCE
45 min (V)

7:00 PM
LES MILLS
CORE
45 min (V)

7:00 PM
LES MILLS
BODYCOMBAT
45 min (V)

7:00 PM
LES MILLS
CORE
45 min (V)

7:00 PM
LES MILLS
BODYBALANCE
45 min (V)

10:45 AM
LES MILLS
CORE
45 min (V)

SUNDAY

Les Mills virtual classes are available in the Mind & Body studio at Mesa Fitness Grand Junction, and are available for ALL members.

Ask the front desk for more details or message us at infogj@mesafitnessco.com