



RISE TO THE CHALLENGE

12-Week Program Schedule

LES MILLS Shapes

LES MILLS Shapes is an invigorating blend of Pilates, barre, and power yoga set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, improve alignment and increase flexibility. It's a low impact but intense way to heat up your training.

Strength Development LES MILLS

LES MILLS Strength Development is a 12-week, 45 minute progressive full-body workout focusing on setting a strong foundation of good technique within a traditional compound strength training structure. This entire workout is in intervals of time, with tempo guides for certain exercises.

January

SUN	MON	TUE	WED	THU	FRI	SAT
	CLOSED FOR NEW YEARS 1	Strength Development #1 2 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #1 (Slider) 11:05-11:50 am (ST1)	3	Strength Development #1 4 8:00-8:45 am (ST4)	Strength Development #1 5 5:05-5:50 am (ST1) Shapes #1 (Power) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1)	6
Strength Development #1 7 8:00-8:45 am (ST1)	Shapes #1 (Power) 8 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4)	Strength Development #1 9 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #1 (Slider) 11:05-11:50 am	10	Strength Development #1 11 8:00-8:45 am (ST4)	Strength Development #1 12 5:05-5:50 am (ST1) Shapes #1 (Power) 8:45-9:15 am (ST4) 4:30-5:15 pm (ST1) Shapes #1 (Slider) 12:50-1:20 pm (ST1)	13
Strength Development #2 14 8:00-8:45 am (ST1)	Shapes #1 (Slider) 15 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4)	Strength Development #2 16 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #2 (Slider) 11:05-11:50 am	17	Strength Development #2 18 8:00-8:45 am (ST4)	Strength Development #2 19 5:05-5:50 am (ST1) Shapes #2 (Power) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1)	20
Strength Development #3 21 8:00-8:45 am (ST1)	Shapes #2 (Power) 22 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4)	Strength Development #3 23 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #2 (Slider) 11:05-11:50 am (ST1)	24	Strength Development #3 25 8:00-8:45 am (ST4)	Strength Development #3 26 5:05-5:50 am (ST1) Shapes #2 (Power) 8:45-9:15 am (ST4) 4:30-5:15 pm (ST1) Shapes #2 (Slider) 12:50-1:20 pm (ST1)	27
Strength Development #4 28 8:00-8:45 am (ST1)	Shapes #2 (Slider) 29 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4)	Strength Development #4 30 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #3 (Slider) 11:05-11:50 am (ST1)	31			

February

SUN	MON	TUE	WED	THU	FRI	SAT
				Strength Development #4 8:00-8:45 am (ST4) 1	Strength Development #4 5:05-5:50 am (ST1) Shapes #3 (Power) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1) 2	3
Strength Development #5 8:00-8:45 am (ST1) 4	Shapes #3 (Power) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 5	Strength Development #5 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #3 (Slider) 11:05-11:50 am 6	7	Strength Development #5 8:00-8:45 am (ST4) 8	Strength Development #5 5:05-5:50 am (ST1) Shapes #3 (Power) 8:45-9:15 am (ST4) 4:30-5:15 pm (ST1) Shapes #3 (Slider) 12:50-1:20 pm (ST1) 9	10
Strength Development #6 8:00-8:45 am (ST1) 11	Shapes #3 (Slider) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 12	Strength Development #6 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #4 (Slider) 11:05-11:50 am 13	14	Strength Development #6 8:00-8:45 am (ST4) 15	Strength Development #6 5:05-5:50 am (ST1) Shapes #4 (Power) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1) 16	17
Strength Development #7 8:00-8:45 am (ST1) 18	Shapes #4 (Power) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 19	Strength Development #7 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #4 (Slider) 11:05-11:50 am (ST1) 20	21	Strength Development #7 8:00-8:45 am (ST4) 22	Strength Development #7 5:05-5:50 am (ST1) Shapes #4 (Power) 8:45-9:15 am (ST4) 4:30-5:15 pm (ST1) Shapes #4 (Slider) 12:50-1:20 pm (ST1) 23	24
Strength Development #8 8:00-8:45 am (ST1) 25	Shapes #4 (Slider) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 26	Strength Development #8 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #5 (Slider) 11:05-11:50 am (ST1) 27	28	Strength Development #8 8:00-8:45 am (ST4) 29		

March

SUN	MON	TUE	WED	THU	FRI	SAT
					Strength Development #8 5:05-5:50 am (ST1) Shapes #5 (Power) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1) 1	2
Strength Development #9 8:00-8:45 am (ST1) 3	Shapes #5 (Power) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 4	Strength Development #9 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #5 (Slider) 11:05-11:50 am 5	6	Strength Development #9 8:00-8:45 am (ST4) 7	Strength Development #9 5:05-5:50 am (ST1) Shapes #5 (Power) 8:45-9:15 am (ST4) 4:30-5:15 pm (ST1) Shapes #5 (Slider) 12:50-1:20 pm (ST1) 8	9
Strength Development #10 8:00-8:45 am (ST1) 10	Shapes #5 (Slider) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 11	Strength Development #10 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #6 (Slider) 11:05-11:50 am 12	13	Strength Development #10 8:00-8:45 am (ST4) 14	Strength Development #10 5:05-5:50 am (ST1) Shapes #6 (Power) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1) 15	16
Strength Development #11 8:00-8:45 am (ST1) 17	Shapes #6 (Power) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 18	Strength Development #11 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes #6 (Slider) 11:05-11:50 am (ST1) 19	20	Strength Development #11 8:00-8:45 am (ST4) 21	Strength Development #11 5:05-5:50 am (ST1) Shapes #6 (Power) 8:45-9:15 am (ST4) 4:30-5:15 pm (ST1) Shapes #6 (Slider) 12:50-1:20 pm (ST1) 22	23
Strength Development #12 8:00-8:45 am (ST1) 24	Shapes #6 (Slider) 8:10-8:55 am (ST1) 4:20-5:05 pm (ST4) 25	Strength Development #12 5:05-5:50 am (ST1) 6:50-7:35 pm (ST1) Shapes (Instructor Choice) 11:05-11:50 am (ST1) 26	27	Strength Development #12 8:00-8:45 am (ST4) 28	Strength Development #12 5:05-5:50 am (ST1) Shapes (Instructor Choice) 8:45-9:15 am (ST4) 12:50-1:20 pm (ST1) 4:30-5:15 pm (ST1) 29	30
CLOSED FOR EASTER 31						