

GREEN VALLEY VIRTUAL SCHEDULE

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM EmPOWER • GROUP FITNESS •	6:15 AM Live Class	6:00 AM EmPOWER • GROUP FITNESS •	6:00 AM GRIT LES MILLS	6:00 AM Live Class	GREEN VALLEY CLOSED	GREEN VALLEY CLOSED
7:30 AM Live Class		7:15 AM EmPOWER • GROUP FITNESS •	7:15 AM EmPOWER • GROUP FITNESS •	7:15 AM EmPOWER • GROUP FITNESS •		
8:15 AM EmPOWER • GROUP FITNESS •	8:15 AM EmPOWER • GROUP FITNESS •	8:15 AM Live Class	8:15 AM EmPOWER • GROUP FITNESS •	8:15 AM EmPOWER • GROUP FITNESS •		
9:30 AM EmPOWER • GROUP FITNESS •	9:30 AM Live Class	9:30 AM EmPOWER • GROUP FITNESS •	9:30 AM Live Class	9:30 AM EmPOWER • GROUP FITNESS •		
11:00 AM LES MILLS BODYPUMP	11:00 AM	11:05 AM LES MILLS BODYPUMP	11:00 AM LES MILLS BODYBALANCE	11:05 AM LES MILLS BODYPUMP		
12:15 PM Live Class	12:15 PM LES MILLS BODYATTACK	12:15 PM Live class	12:15 PM LES MILLS DANCE	12:15 PM Live Class		
1:30 PM LES MILLS BODYATTACK		1:30 PM LES MILLS BODYATTACK		1:30 PM LES MILLS BODYATTACK		
2:00 PM LES MILLS BODYPUMP	2:00 PM LES MILLS BODYPUMP	2:00 PM LES MILLS BODYPUMP	2:00 PM LES MILLS BODYPUMP	2:00 PM GRIT LES MILLS		
5:00 PM LES MILLS BODYBALANCE	4:30 PM LES MILLS BODYPUMP	4:30 PM LES MILLS BODYPUMP	4:30 PM LES MILLS BODYPUMP	4:30 PM LES MILLS BODYBALANCE		
6:00 PM Live Class	6:00 PM Live Class	6:00 PM	6:00 PM Live Class	5:30 PM LES MILLS BODYPUMP		

SPIN STUDIO- VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM LES MILLS RPM	5:00 AM LES MILLS RPM	5:00 AM LES MILLS RPM	5:00 AM LES MILLS RPM	5:00 AM LES MILLS RPM	GREEN VALLEY CLOSED	GREEN VALLEY CLOSED
6:00 AM Live Class	6:00 AM GRIT LES MILLS	6:00 AM LES MILLS BODYPUMP	6:00 AM Live Class	7:15 AM LES MILLS BODYBALANCE		
8:30 AM LES MILLS RPM	8:30 AM LES MILLS RPM	8:30 AM LES MILLS RPM	8:30 AM LES MILLS RPM	8:30 AM LES MILLS RPM		
9:30 AM LES MILLS RPM	9:30 AM LES MILLS RPM	9:30 AM LES MILLS RPM	9:30 AM LES MILLS RPM	9:30 AM Live Class		
12:15 PM LES MILLS RPM	12:15 PM LES MILLS RPM	12:15 PM LES MILLS RPM	12:15 PM LES MILLS RPM	12:15 PM LES MILLS RPM		
2:00 PM LES MILLS RPM	2:00 PM LES MILLS RPM	2:00 PM LES MILLS RPM	2:00 PM LES MILLS RPM	2:00 PM LES MILLS RPM		
6:00 PM Live Class	6:00 PM LES MILLS RPM	6:00 PM LES MILLS RPM	6:00 PM LES MILLS RPM	5:30 PM LES MILLS RPM		



Fee Based class please go to empowergroupfitness.com to sign up