





























Bay Club Virtual Spin Schedule Revised 1/9/20

Group Ex Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 LES MILLS BODYPUMP 6:15AM - 7:15AM	 LES MILLS BODYFLOW 7:45AM - 8:45AM	 LES MILLS BODYCOMBAT 7:45AM - 8:30AM	 LES MILLS BODYCOMBAT 6:15AM - 7:15AM	 LES MILLS BODYFLOW 6:15AM - 7:15AM	 LES MILLS BODYCOMBAT 8:15AM - 8:45AM	 LES MILLS BODYFLOW 9:15AM - 10:15AM
 LES MILLS BODYFLOW 7:45AM - 8:45AM	 LES MILLS BODYPUMP 10:45AM - 11:45AM	 LES MILLS BODYFLOW 10:45AM - 11:45AM	 LES MILLS BODYPUMP 7:45AM - 8:45AM	 LES MILLS SH'BAM 7:45AM - 8:30AM	 LES MILLS BODYPUMP 9:15AM - 10:15AM	 LES MILLS SH'BAM 11:15AM - 12:00PM
 LES MILLS BODYCOMBAT 10:45AM - 11:30AM	 LES MILLS SH'BAM 12:30PM - 1:15PM	 LES MILLS BODYPUMP 12:15PM - 1:15PM	 LES MILLS BODYCOMBAT 11:30AM - 12:15PM	 LES MILLS BODYPUMP 10:45AM - 11:45AM	 LES MILLS BODYFLOW 11:15AM - 12:15PM	
 LES MILLS SH'BAM 2:15PM - 3:00PM	 LES MILLS BODYFLOW 2:15PM - 3:15PM	 LES MILLS BODYCOMBAT 2:15PM - 3:15PM	 LES MILLS SH'BAM 5:30PM - 6:30PM	 LES MILLS BODYPUMP 12:15PM - 1:15PM		
	 LES MILLS BODYCOMBAT 5:30PM - 6:15PM	 LES MILLS BODYPUMP 5:30PM - 6:30PM		 LES MILLS BODYCOMBAT 2:15PM - 3:15PM		

LES MILLS
SH'BAM

SH'BAM™ is a fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist.

LES MILLS
BODYCOMBAT

Learn the basic moves and format of a LES MILLS BODYCOMBAT workout in this quick introduction.

LES MILLS
BODYFLOW

Learn the basic moves and format of a LES MILLS BODYFLOW workout in this quick introduction.

LES MILLS
BODYPUMP

The original barbell workout for anyone looking to get lean, toned and fit - fast.

LES MILLS
RPM

Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.

LES MILLS
SH'BAM

Fun-loving and insanely addictive dance workout. No dance experience required!

LES MILLS
sprint

High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

LES MILLS
THE TRIP

A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

Bay Club Group Exercise Timetable