



LIVE CLASS SCHEDULE

TAHOE MOUNTAIN
FITNESS

Schedules online www.tahoemountainfit.com

* All Classes are 55 Mins unless otherwise noted.

**PLEASE NOTE: All Class Formats, Times, and Instructors May Change Based on Business Need

		Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
GROUP X ROOM	5:15am		LES MILLS BODYPUMP 45	LES MILLS CORE 45	LES MILLS BODYCOMBAT 45				
	6:15am	LES MILLS BODYPUMP 45		UPPER BODY STRENGTH TRAINING	FIGHT FIT: BOXING TRAINING 45	FULL BODY STRENGTH TRAINING			
	7:00am								
	8:15am			LES MILLS BODYCOMBAT		LES MILLS BODYCOMBAT	8:15am	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
	9:30am		LOWER BODY STRENGTH TRAINING		LES MILLS CORE 45	UPPER BODY STRENGTH TRAINING	9:30am		LES MILLS GRIT 30 ATHLETIC
	10:45am		LES MILLS GRIT 30 STRENGTH						
	11:15am		LES MILLS CORE 30						
	Noon	LES MILLS CORE 45		tone 45	LES MILLS BODYPUMP 45				
	12:30pm								
	4:30pm	KIDS KARATE	KIDS KARATE	KIDS KARATE					
	5:30pm	LES MILLS BODYPUMP	FIGHT NIGHT: FULL CONTACT BOXING	KARATE: ORANGE BELT +					
PILATES		Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
	6:15am		PILATES REFORMER 1.5						
	7:00am					PILATES REFORMER CARDIO SCULPT			
	8:15am	PILATES REFORMER JUMP							
	9:30am	PILATES REFORMER 1.5	PILATES REFORMER 1.5	PILATES REFORMER 1.0	PILATES REFORMER 1.0		9:15am		PILATES REFORMER 1.0
	10:45am					PILATES REFORMER ATHLETIC CONDITIONING	9:30am	PILATES REFORMER CARDIO SCULPT	
	4:30pm	PILATES REFORMER CARDIO SCULPT	PILATES REFORMER 1.5	PILATES REFORMER 1.0					
	5:30pm								
THE BOX		Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
	6:15am								
	9:30am						9:30am	BOXING	
5:30pm	BOXING: FUNDAMENTALS		BOXING						
ROOM:RIDE		Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
	5:15am	LES MILLS THE TRIP				LES MILLS THE TRIP			
	6:15am		LES MILLS sprint 30		LES MILLS THE TRIP				
	8:15am		LES MILLS THE TRIP		LES MILLS RPM		10:15am		LES MILLS THE TRIP
	9:30am	LES MILLS RPM					10:45am	LES MILLS THE TRIP	
	12:00pm			LES MILLS THE TRIP					
	4:30pm			LES MILLS THE TRIP					
5:30pm	LES MILLS THE TRIP								

EFFECTIVE - JUNE 10, 2022



VIRTUAL CLASS SCHEDULE

Schedules online www.tahoemountainfit.com

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
GROUP X ROOM	5:15am	LES MILLS BODYPUMP 45								LES MILLS CORE 45					
	6:15am		LES MILLS CORE 45												
	7:00am	LES MILLS GRIT GABRIO	LES MILLS CORE 45	LES MILLS GRIT STRENGTH	LES MILLS CORE 45	LES MILLS BODYPUMP									
	8:15am	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP				LES MILLS BODYPUMP								
	9:30am										9:30am	LES MILLS BODYPUMP			
	10:45am											10:15am	LES MILLS CORE 45		
	Noon											10:45am	LES MILLS CORE 45		
	2:30pm														
	3:30pm	LES MILLS BODYPUMP 45			LES MILLS BODYPUMP 45										
	4:30pm														
PILATES	5:15am	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
	6:15am	PILATES REFORMER VIRTUAL		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
	7:00am	PILATES REFORMER VIRTUAL		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL		8:15am	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL		
	8:15am		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL		10:15am		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	
	9:30am								PILATES REFORMER VIRTUAL		10:30am	PILATES REFORMER VIRTUAL			
	10:45am	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
	1:00pm	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
	2:00pm	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
	3:30pm	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
	5:30pm	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL						
THE BOX	6:15am														
	9:30am										9:30am				
	5:30pm														
ROOM RIDE	5:15am		LES MILLS THE TRIP	LES MILLS THE TRIP	LES MILLS THE TRIP	LES MILLS THE TRIP									
	6:15am	LES MILLS RPM		LES MILLS THE TRIP		LES MILLS THE TRIP			LES MILLS THE TRIP						
	7:00am	LES MILLS THE TRIP	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS THE TRIP	LES MILLS THE TRIP			LES MILLS THE TRIP						
	7:45am	LES MILLS THE TRIP	LES MILLS sprint 30		LES MILLS sprint 30	LES MILLS THE TRIP			LES MILLS THE TRIP						
	8:30am	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			LES MILLS RPM		8:15am	LES MILLS THE TRIP	LES MILLS THE TRIP		
	9:30am		LES MILLS RPM	LES MILLS THE TRIP	LES MILLS RPM	LES MILLS THE TRIP			LES MILLS THE TRIP		9:30am	LES MILLS RPM	LES MILLS RPM		
	10:45am	LES MILLS THE TRIP	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS THE TRIP	LES MILLS sprint 30			LES MILLS THE TRIP						
	12:00pm	LES MILLS sprint 30	LES MILLS THE TRIP		LES MILLS THE TRIP	LES MILLS THE TRIP			LES MILLS THE TRIP						
	1:00pm	LES MILLS sprint 30	LES MILLS THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS sprint 30			LES MILLS THE TRIP						
	2:00pm	LES MILLS THE TRIP	LES MILLS THE TRIP	LES MILLS THE TRIP											
	3:00pm	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30											
	3:30pm	LES MILLS THE TRIP	LES MILLS THE TRIP	LES MILLS THE TRIP											
	4:30pm	LES MILLS THE TRIP	LES MILLS THE TRIP												
	5:30pm		LES MILLS THE TRIP	LES MILLS THE TRIP											

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