



# LIVE CLASS SCHEDULE

Schedules online [www.tahoemountainfit.com](http://www.tahoemountainfit.com)

\* All Classes are 55 Mins unless otherwise noted.

		Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
<b>GROUP X ROOM</b>	5:15am		<b>LES MILLS BODYPUMP</b> 45'	<b>LES MILLS CORE</b> 45'	<b>LES MILLS BODYCOMBAT</b> 45'	FULL BODY STRENGTH TRAINING			
	6:15am	<b>LES MILLS BODYPUMP</b> 45'	FIGHT FIT: BOXING TRAINING	UPPER BODY STRENGTH TRAINING					
	7:00am			<b>LES MILLS BODYPUMP</b> 45'					
	8:15am	<b>tone</b> 45'		<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>	8:15am	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>
	9:30am	<b>LES MILLS BODYCOMBAT</b>	LOWER BODY STRENGTH TRAINING		<b>LES MILLS CORE</b> 45'	UPPER BODY STRENGTH TRAINING	9:30am		<b>LES MILLS GRIT</b> 30' ATHLETIC
	10:45am			<b>tone</b> 45'	<b>LES MILLS BODYSTEP</b>				
	Noon			<b>LES MILLS BODYPUMP</b> 45'					
	3:30pm		<b>LES MILLS BODYCOMBAT</b>						
	4:30pm	KIDS KARATE	KIDS KARATE	KIDS KARATE					
	5:30pm	<b>LES MILLS BODYPUMP</b>	FIGHT NIGHT: FULL CONTACT BOXING	KARATE: ORANGE BELT +	LOWER BODY STRENGTH TRAINING				
<b>PILATES</b>							8:15am	PILATES REFORMER 1.5	
	9:30am	PILATES REFORMER 1.5	PILATES REFORMER 1.5	PILATES REFORMER 1.0	PILATES REFORMER 1.0		9:30am	PILATES REFORMER CARDIO SCULPT	
	10:45am	PILATES REFORMER 1.0				PILATES REFORMER SKI CONDITIONING			
	12:00pm				PILATES REFORMER 1.0				
	4:30pm		PILATES REFORMER 1.5	PILATES REFORMER 1.0					
	5:30pm								
<b>THE BOX</b>									
	6:15am					BOXING			
	9:30am						9:30am	BOXING	
				BOXING					
<b>ROOM:RIDE</b>									
	5:15am	<b>LES MILLS THE TRIP</b>		<b>LES MILLS RPM</b>					
	6:15am		<b>LES MILLS sprint</b>		<b>LES MILLS THE TRIP</b>	<b>LES MILLS RPM</b>			
	7:00am					<b>LES MILLS sprint</b>			
	8:15am		<b>LES MILLS THE TRIP</b>		<b>LES MILLS RPM</b>				
	9:30am			<b>LES MILLS THE TRIP</b>			9:30am	<b>LES MILLS THE TRIP</b>	
							10:15am		<b>LES MILLS THE TRIP</b>
5:30pm	<b>LES MILLS THE TRIP</b>								

EFFECTIVE - DECEMBER 7, 2021



# VIRTUAL CLASS SCHEDULE

Schedules online [www.tahoemountainfit.com](http://www.tahoemountainfit.com)

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

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