



LIVE CLASS SCHEDULE

Schedules online www.tahoemountainfit.com

* All Classes are 55 Mins unless otherwise noted.

****PLEASE NOTE: All Class Formats, Times, and Instructors May Change Without Notice Based on Business Need**

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
GROUP X ROOM	5:15am		FULL BODY STRENGTH TRAINING	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			
	8:15am			LES MILLS BODYCOMBAT		LES MILLS BODYCOMBAT	8:15am	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
	9:30am	Yoga Sculpt	LOWER BODY STRENGTH TRAINING	Yoga Sculpt	LES MILLS CORE 45	UPPER BODY STRENGTH TRAINING	9:30am		LES MILLS GRIT ATHLETIC 30
	Noon	LES MILLS CORE 45	LES MILLS BODYPUMP 45	tone 45	LES MILLS BODYPUMP 45				
	4:30pm	KIDS KARATE	KIDS KARATE	KIDS KARATE			5:00pm		Mellow Yoga & Reiki
	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						
	7:15am			PILATES REFORMER 1.5 (Starts Jan 11, 2023)		PILATES REFORMER 1.5			
	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 SKI CONDITIONING	9:30am	PILATES REFORMER CARDIO SCULPT	
	4:30pm	PILATES REFORMER CARDIO SCULPT	PILATES REFORMER 1.5	PILATES REFORMER 1.0			10:30am		PILATES REFORMER CARDIO SCULPT
5:30pm	PILATES REFORMER 1.5				PILATES REFORMER 1.5				
THE BOX		Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
	6:15am				FIGHT FIT: BOXING TRAINING 45				
	9:30am						9:30am	BOXING	
5:30pm	BOXING: FUNDAMENTALS	ADULT KARATE	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		CYCLING: TMF RIDE 45		10:15am		LES MILLS THE TRIP
	9:30am	CYCLING: TMF RIDE		LES MILLS THE TRIP			10:45am	LES MILLS THE TRIP	
	12:00pm								
	4:30pm	CYCLING: TMF RIDE 45				LES MILLS THE TRIP			
5:30pm			CYCLING: TMF RIDE 45		LES MILLS THE TRIP				

EFFECTIVE - DECEMBER 18, 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 CABRIO	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		
	6:15am	PILATES REFORMER VIRTUAL		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL		
	7:00am	PILATES REFORMER VIRTUAL			PILATES REFORMER VIRTUAL		8:15am PILATES REFORMER VIRTUAL	
	8:15am		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	10:15am	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			
	1:00pm	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			
	3:30pm	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL			
	5:30pm	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL				
THE BOX	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	6:15am							
	9:30am					9:30am		
	5:30pm							
ROOM RIDE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:15am		THE TRIP	THE TRIP	THE TRIP			
	6:15am	LES MILLS RPM		THE TRIP		THE TRIP		
	7:15am	THE TRIP	THE TRIP	THE TRIP	THE TRIP	THE TRIP		
	8:15am			LES MILLS RPM			8:15am LES MILLS THE TRIP LES MILLS THE TRIP	
	8:30am	LES MILLS RPM				LES MILLS RPM	9:30am LES MILLS RPM LES MILLS RPM	
	9:30am		LES MILLS RPM	THE TRIP	LES MILLS RPM	THE TRIP		
	10:45am	THE TRIP	THE TRIP	LES MILLS sprint 30	THE TRIP	LES MILLS sprint 30		
	12:00pm	LES MILLS sprint 30	THE TRIP	LES MILLS RPM	THE TRIP	LES MILLS sprint 30		
	1:00pm	LES MILLS sprint 30	THE TRIP	LES MILLS sprint 30	LES MILLS RPM	LES MILLS sprint 30		
	2:00pm	THE TRIP	THE TRIP	THE TRIP	THE TRIP			
	3:00pm	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30	LES MILLS sprint 30			
	3:30pm	THE TRIP	THE TRIP	THE TRIP	THE TRIP			
	4:30pm		THE TRIP	THE TRIP				
5:30pm	THE TRIP	THE TRIP						

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