



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		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			
	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
	Noon	LES MILLS CORE 45	LES MILLS BODYPUMP 45	tone 45	LES MILLS BODYPUMP 45				
	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						
	7:15am					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					
5:30pm				PILATES REFORMER 1.5					
THE BOX	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday	
	6:15am			FIGHT FIT: BOXING TRAINING 45 (IN GX STUDIO)					
	9:30am					9:30am	BOXING		
5:30pm	BOXING: FUNDAMENTALS	FIGHT NIGHT: FULL CONTACT BOXING. (IN GX STUDIO)	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		CYCLING: TMF RIDE			10:45am	LES MILLS THE TRIP	
	12:00pm					LES MILLS sprint 30			
	4:30pm	CYCLING: TMF RIDE 45 (starts 10/24)			LES MILLS THE TRIP				
5:30pm	LES MILLS THE TRIP		CYCLING: TMF RIDE 45		LES MILLS THE TRIP				

EFFECTIVE - OCTOBER 16, 2022



VIRTUAL CLASS SCHEDULE

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	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	
	6:15am	PILATES REFORMER VIRTUAL		PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	PILATES REFORMER VIRTUAL	
	7:00am	PILATES REFORMER VIRTUAL		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	
	7:00am	THE TRIP	THE TRIP	sprint 30	THE TRIP	THE TRIP	
	7:45am	THE TRIP	sprint 30		sprint 30	THE TRIP	
	8:30am	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM	8:15am THE TRIP THE TRIP
	9:30am		LES MILLS RPM	THE TRIP	LES MILLS RPM	THE TRIP	9:30am LES MILLS RPM LES MILLS RPM
	10:45am	THE TRIP	THE TRIP	sprint 30	THE TRIP	sprint 30	
	12:00pm	sprint 30	THE TRIP	LES MILLS RPM	THE TRIP		
	1:00pm	sprint 30	THE TRIP	sprint 30	LES MILLS RPM	sprint 30	
	2:00pm	THE TRIP	THE TRIP	THE TRIP	THE TRIP		
	3:00pm	sprint 30	sprint 30	sprint 30	sprint 30		
	3:30pm	THE TRIP	THE TRIP	THE TRIP	THE TRIP		
	4:30pm		THE TRIP	THE TRIP			
	5:30pm		THE TRIP				

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