

# LES MILLS

## AT HIGHLAND RECREATION COMPLEX



This icon means this Les Mills class will take place in person, but will be led virtually



Check out Southwest Rec's Les Mills Schedule, just scan the QR code or visit [PlayLargo.com/LesMills](http://PlayLargo.com/LesMills)



UPDATED APRIL 2022

MON	TUE	WED	THU	FRI	SAT	SUN
6:30-7:30a LES MILLS <b>BODYATTACK</b>	6:30-7a LES MILLS <b>GRIT</b> 7:15-8a LES MILLS <b>BODYPUMP</b>	6:30-7:15a LES MILLS <b>BODYATTACK</b>	6:30-7a LES MILLS <b>GRIT</b> 7:15-8a LES MILLS <b>BODYPUMP</b>	6:15-7:10a LES MILLS <b>BODYFLOW</b>	8-9a LES MILLS <b>BODYPUMP</b>	9-9:30a LES MILLS <b>GRIT</b>
10-11a LES MILLS <b>BODYPUMP</b>		10-10:45a LES MILLS <b>BODYPUMP</b>	11:15a-12:15p LES MILLS <b>BODYFLOW</b>	10-11a LES MILLS <b>BODYPUMP</b>	10:30-11a LES MILLS <b>GRIT</b>	10:15-11a LES MILLS <b>BODYATTACK</b> 11:15a-12:15p LES MILLS <b>BODYFLOW</b>
11:30a-12:30p LES MILLS <b>BODYFLOW</b>		11a-12p LES MILLS <b>BODYFLOW</b> 12-12:30p LES MILLS <b>GRIT</b>	12:30-1p LES MILLS <b>CORE</b>			
4:45-5:15p LES MILLS <b>CORE</b>	3:15-3:45p LES MILLS <b>CORE</b>		5:30-6:15p LES MILLS <b>BODYPUMP</b>	5:15-6:15p LES MILLS <b>BODYATTACK</b>	<div style="border: 2px solid #800000; padding: 10px; text-align: center;"> <p><b>Fitness Childcare in Playworld</b>                              Mon-Fri 5-8p                              Sat/Sun 9a-12p</p> <p>Visit <a href="http://PlayLargo.com/GetFit">PlayLargo.com/GetFit</a> for more info about our classes and RecFit Unlimited Passes</p> </div>	
6:30-7:30p LES MILLS <b>BODYPUMP</b>		7:30-8p LES MILLS <b>CORE</b>	6:30-7p LES MILLS <b>BODYFLOW</b>	6:30-7:15p LES MILLS <b>CORE</b>		