

LES MILLS

AT SOUTHWEST RECREATION COMPLEX



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



Check out Highland Rec's Les Mills Schedule, just scan the QR code or visit PlayLargo.com/LesMills



UPDATED APRIL 2022

MON	TUE	WED	THU	FRI	SAT	SUN
6:30-7:00a LES MILLS GRIT	6:15-7:15a LES MILLS BODYPUMP	6:30-7a LES MILLS GRIT	6:15-7:15a LES MILLS BODYPUMP	6:15-7:15a LES MILLS BODYATTACK	8:30-9a LES MILLS GRIT	9-10a LES MILLS BODYPUMP
10-11a LES MILLS BODYPUMP	7:15-7:45a LES MILLS CORE	10-11a LES MILLS BODYPUMP	7:15-7:45a LES MILLS CORE	10-10:30a LES MILLS GRIT	1-2p LES MILLS BODYFLOW	10-10:30a LES MILLS CORE
11-12p LES MILLS BODYFLOW		11a-12p LES MILLS BODYFLOW		10:30-11a LES MILLS CORE		
5-6p LES MILLS BODYATTACK		5-6p LES MILLS BODYATTACK		5-6p LES MILLS BODYATTACK		
6-7p LES MILLS BODYPUMP	6:45-7:45p LES MILLS BODYFLOW	6-7p LES MILLS BODYPUMP	6:45-7:45p LES MILLS BODYFLOW	6-7p LES MILLS BODYPUMP		