

Carilion Wellness Roanoke Virtual Group Exercise Timetable - FALL SCHEDULE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS CORE 5:15AM - 5:45AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 6:00AM - 6:50AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 7:15AM - 8:00AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 8:15AM - 9:00AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 10:30AM - 11:30AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 1:15PM - 2:00PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 2:15PM - 3:05PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 4:15PM - 5:00PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 6:30PM - 7:15PM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 7:30PM - 8:00PM CYCLE/VIRTUAL</p>	<p>LES MILLS BODYPUMP 6:30AM - 7:15AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 7:30AM - 8:00AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 8:15AM - 9:15AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 9:30AM - 10:00AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 10:15AM - 11:05AM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT STRENGTH 11:15AM - 11:45AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 12:15PM - 12:45PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 1:00PM - 2:00PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 2:15PM - 3:15PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 3:30PM - 4:20PM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 4:30PM - 5:15PM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT CARDIO 6:30PM - 7:00PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 7:15PM - 8:15PM CYCLE/VIRTUAL</p>	<p>LES MILLS BODYPUMP 5:15AM - 6:15AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 6:30AM - 7:00AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 7:15AM - 8:00AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 8:15AM - 9:00AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 10:30AM - 11:15AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 11:20AM - 11:50AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 1:15PM - 2:00PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 2:15PM - 3:05PM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 3:25PM - 4:10PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 4:15PM - 5:15PM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT ATHLETIC 6:45PM - 7:15PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 7:30PM - 8:30PM CYCLE/VIRTUAL</p>	<p>LES MILLS BODYPUMP 6:30AM - 7:15AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 7:30AM - 8:00AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 8:15AM - 9:15AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 9:30AM - 10:00AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 10:15AM - 11:05AM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT STRENGTH 11:15AM - 11:45AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 1:00PM - 2:00PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 2:15PM - 3:15PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 3:30PM - 4:20PM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 4:30PM - 5:15PM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT STRENGTH 6:30PM - 7:00PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 7:15PM - 8:15PM CYCLE/VIRTUAL</p>	<p>LES MILLS CORE 5:15AM - 5:45AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 6:00AM - 6:50AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 7:15AM - 8:00AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 8:15AM - 9:00AM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 10:30AM - 11:15AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 11:30AM - 12:00PM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT CARDIO 12:15PM - 12:45PM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 1:15PM - 2:00PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 2:15PM - 3:05PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 4:15PM - 5:00PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 6:15PM - 7:15PM CYCLE/VIRTUAL</p>	<p>LES MILLS GRIT STRENGTH 10:45AM - 11:15AM CYCLE/VIRTUAL</p> <p>LES MILLS CORE 11:30AM - 12:15PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 12:30PM - 1:30PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 2:00PM - 2:50PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 4:00PM - 5:00PM CYCLE/VIRTUAL</p>	<p>LES MILLS CORE 10:30AM - 11:00AM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 11:15AM - 12:05PM CYCLE/VIRTUAL</p> <p>LES MILLS GRIT ATHLETIC 12:15PM - 12:45PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYCOMBAT 2:15PM - 3:00PM CYCLE/VIRTUAL</p> <p>LES MILLS RPM 3:15PM - 3:45PM CYCLE/VIRTUAL</p> <p>LES MILLS BODYPUMP 4:00PM - 5:00PM CYCLE/VIRTUAL</p>



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



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The original barbell workout for anyone looking to get lean, toned and fit - fast.



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30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



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A 30-minute high-intensity interval training (HIIT) workout that focuses on sports conditioning training to improve your overall athletic performance.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to improve strength and build lean muscle.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



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