

Rosemont Health & Fitness Virtual Classes - Week of Monday, Sept 30-Oct 6, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS GRIT STRENGTH 5:10AM - 5:40AM RHFit Studio 1</p> <p>LES MILLS BODYFLOW 6:40AM - 7:10AM RHFit Studio 2</p> <p>LES MILLS sprint 8:00AM - 8:30AM RHFit Studio 3</p> <p>LES MILLS SH'BAM 8:00AM - 8:30AM RHFit Studio 2</p> <p>LES MILLS barre 8:30AM - 9:00AM RHFit Studio 2</p> <p>LES MILLS sprint 11:45AM - 12:15PM RHFit Studio 3</p> <p>LES MILLS BODYFLOW 1:05PM - 1:35PM RHFit Studio 2</p> <p>LES MILLS GRIT CARDIO 1:30PM - 2:00PM RHFit Studio 1</p> <p>LES MILLS sprint 3:30PM - 4:00PM RHFit Studio 3</p> <p>LES MILLS BODYCOMBAT 4:00PM - 4:30PM RHFit Studio 1</p> <p>LES MILLS sprint 7:30PM - 8:00PM RHFit Studio 3</p> <p>LES MILLS barre 8:35PM - 9:05PM RHFit Studio 2</p>	<p>LES MILLS sprint 6:35AM - 7:05AM RHFit Studio 3</p> <p>LES MILLS RPM 8:00AM - 8:30AM RHFit Studio 3</p> <p>LES MILLS barre 8:00AM - 8:30AM RHFit Studio 2</p> <p>LES MILLS SH'BAM 8:30AM - 9:00AM RHFit Studio 2</p> <p>LES MILLS BODYFLOW 1:15PM - 1:45PM RHFit Studio 2</p> <p>LES MILLS GRIT PLYO 3:30PM - 4:00PM RHFit Studio 1</p> <p>LES MILLS barre 4:30PM - 5:00PM RHFit Studio 2</p> <p>LES MILLS sprint 4:35PM - 5:05PM RHFit Studio 3</p> <p>LES MILLS RPM 6:30PM - 7:20PM RHFit Studio 3</p> <p>LES MILLS GRIT CARDIO 8:30PM - 9:00PM RHFit Studio 1</p> <p>LES MILLS BODYFLOW 9:05PM - 9:35PM RHFit Studio 2</p>	<p>LES MILLS BODYCOMBAT 5:10AM - 5:40AM RHFit Studio 1</p> <p>LES MILLS GRIT CARDIO 6:00AM - 6:30AM RHFit Studio 2</p> <p>LES MILLS BODYFLOW 6:35AM - 7:05AM RHFit Studio 2</p> <p>LES MILLS sprint 8:00AM - 8:30AM RHFit Studio 3</p> <p>LES MILLS SH'BAM 8:00AM - 8:30AM RHFit Studio 2</p> <p>LES MILLS barre 8:30AM - 9:00AM RHFit Studio 2</p> <p>LES MILLS BODYCOMBAT 10:00AM - 10:30AM RHFit Studio 1</p> <p>LES MILLS RPM 11:45AM - 12:15PM RHFit Studio 3</p> <p>LES MILLS BODYFLOW 1:20PM - 1:50PM RHFit Studio 2</p> <p>LES MILLS GRIT STRENGTH 4:30PM - 5:00PM RHFit Studio 1</p> <p>LES MILLS BODYCOMBAT 5:15PM - 5:45PM RHFit Studio 1</p> <p>LES MILLS SH'BAM 6:00PM - 6:45PM RHFit Studio 2</p> <p>LES MILLS RPM 7:20PM - 8:10PM RHFit Studio 3</p>	<p>LES MILLS sprint 6:20AM - 6:50AM RHFit Studio 3</p> <p>LES MILLS RPM 8:00AM - 8:30AM RHFit Studio 3</p> <p>LES MILLS barre 8:00AM - 8:30AM RHFit Studio 2</p> <p>LES MILLS SH'BAM 8:30AM - 9:00AM RHFit Studio 2</p> <p>LES MILLS BODYFLOW 1:30PM - 2:00PM RHFit Studio 1</p> <p>LES MILLS BODYCOMBAT 3:15PM - 3:45PM RHFit Studio 1</p> <p>LES MILLS GRIT CARDIO 4:15PM - 4:45PM RHFit Studio 1</p> <p>LES MILLS barre 4:45PM - 5:15PM RHFit Studio 2</p> <p>LES MILLS sprint 7:30PM - 8:00PM RHFit Studio 3</p> <p>LES MILLS BODYCOMBAT 8:30PM - 9:00PM RHFit Studio 1</p>	<p>LES MILLS BODYFLOW 6:50AM - 7:20AM RHFit Studio 2</p> <p>LES MILLS sprint 8:00AM - 8:30AM RHFit Studio 3</p> <p>LES MILLS SH'BAM 8:00AM - 8:30AM RHFit Studio 2</p> <p>LES MILLS RPM 8:30AM - 9:00AM RHFit Studio 3</p> <p>LES MILLS barre 8:30AM - 9:00AM RHFit Studio 2</p> <p>LES MILLS sprint 12:00PM - 12:30PM RHFit Studio 1</p> <p>LES MILLS GRIT ATHLETIC 1:30PM - 2:00PM RHFit Studio 1</p> <p>LES MILLS sprint 4:45PM - 5:15PM RHFit Studio 3</p> <p>LES MILLS BODYFLOW 6:35PM - 7:05PM RHFit Studio 2</p> <p>LES MILLS RPM 6:45PM - 7:35PM RHFit Studio 3</p> <p>LES MILLS GRIT ATHLETIC 7:45PM - 8:15PM RHFit Studio 1</p>	<p>LES MILLS sprint 7:20AM - 7:50AM RHFit Studio 3</p> <p>LES MILLS SH'BAM 7:30AM - 8:00AM RHFit Studio 2</p> <p>LES MILLS barre 8:00AM - 8:30AM RHFit Studio 2</p> <p>LES MILLS BODYFLOW 12:30PM - 1:00PM RHFit Studio 2</p> <p>LES MILLS RPM 1:00PM - 1:50PM RHFit Studio 3</p> <p>LES MILLS GRIT PLYO 1:00PM - 1:30PM RHFit Studio 1</p> <p>LES MILLS BODYCOMBAT 2:00PM - 2:30PM RHFit Studio 1</p> <p>LES MILLS sprint 3:00PM - 3:30PM RHFit Studio 3</p> <p>LES MILLS BODYPUMP 4:00PM - 4:45PM RHFit Studio 1</p> <p>LES MILLS BODYFLOW 4:50PM - 5:20PM RHFit Studio 2</p>	<p>LES MILLS RPM 8:15AM - 8:45AM RHFit Studio 3</p> <p>LES MILLS SH'BAM 8:15AM - 9:00AM RHFit Studio 2</p> <p>LES MILLS BODYFLOW 9:05AM - 9:35AM RHFit Studio 2</p> <p>LES MILLS sprint 11:00AM - 11:30AM RHFit Studio 3</p> <p>LES MILLS GRIT ATHLETIC 11:00AM - 11:30AM RHFit Studio 1</p> <p>LES MILLS BODYFLOW 11:00AM - 11:30AM RHFit Studio 2</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM RHFit Studio 1</p> <p>LES MILLS SH'BAM 12:00PM - 12:45PM RHFit Studio 2</p> <p>LES MILLS BODYPUMP 1:00PM - 1:45PM RHFit Studio 1</p> <p>LES MILLS BODYFLOW 1:00PM - 1:30PM RHFit Studio 2</p> <p>LES MILLS RPM 1:30PM - 2:20PM RHFit Studio 3</p> <p>LES MILLS GRIT CARDIO 2:00PM - 2:30PM RHFit Studio 1</p> <p>LES MILLS BODYCOMBAT 4:00PM - 4:30PM RHFit Studio 1</p>