






































YMCA - Marinette-Menominee Virtual Group Exercise Schedule effective 4.11.25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 3:45AM - 4:35AM Cycle Studio</p> <p> LES MILLS BODYCOMBAT 4:45AM - 5:45AM Studio 4</p> <p> LES MILLS RPM 5:00AM - 5:50AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 5:55AM - 6:40AM Y-Outback</p> <p> LES MILLS RPM 6:55AM - 7:45AM Cycle Studio</p> <p> LES MILLS RPM 9:45AM - 10:35AM Cycle Studio</p> <p> LES MILLS RPM 11:15AM - 11:45AM Cycle Studio</p> <p> LES MILLS GRIT ATHLETIC 11:15AM - 11:45AM Y-Outback</p> <p> LES MILLS CORE 12:10PM - 12:40PM Y-Outback</p> <p> LES MILLS RPM 1:00PM - 1:50PM Cycle Studio</p> <p> LES MILLS BODYBALANCE 1:00PM - 2:00PM Y-Outback</p> <p> LES MILLS BODYCOMBAT 2:00PM - 2:30PM Y-Outback</p> <p> LES MILLS BODYBALANCE 2:45PM - 3:45PM Y-Outback</p>	<p> LES MILLS RPM 3:45AM - 4:35AM Cycle Studio</p> <p> LES MILLS RPM 6:00AM - 6:50AM Cycle Studio</p> <p> LES MILLS CORE 6:00AM - 6:30AM Studio 4</p> <p> LES MILLS BODYATTACK 7:30AM - 8:15AM Y-Outback</p> <p> LES MILLS RPM 8:30AM - 9:20AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 9:45AM - 10:05AM Studio 4</p> <p> LES MILLS RPM 10:00AM - 10:50AM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 12:10PM - 12:40PM Y-Outback</p> <p> LES MILLS BODYBALANCE 1:00PM - 2:00PM Y-Outback</p> <p> LES MILLS BODYCOMBAT 1:45PM - 2:15PM Studio 4</p> <p> LES MILLS RPM 4:20PM - 5:10PM Cycle Studio</p> <p> LES MILLS RPM 5:15PM - 6:05PM Cycle Studio</p> <p> LES MILLS BODYBALANCE 6:00PM - 7:00PM Y-Outback</p>	<p> LES MILLS RPM 3:45AM - 4:35AM Cycle Studio</p> <p> LES MILLS BODYATTACK 4:35AM - 5:05AM Studio 4</p> <p> LES MILLS RPM 5:50AM - 6:40AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 6:45AM - 7:45AM Y-Outback</p> <p> LES MILLS RPM 7:00AM - 7:50AM Cycle Studio</p> <p> LES MILLS BODYATTACK 7:45AM - 8:30AM Y-Outback</p> <p> LES MILLS RPM 8:30AM - 9:20AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 9:25AM - 9:40AM Studio 4</p> <p> LES MILLS RPM 9:45AM - 10:35AM Cycle Studio</p> <p> LES MILLS CORE 10:45AM - 11:15AM Y-Outback</p> <p> LES MILLS RPM 11:00AM - 11:50AM Cycle Studio</p> <p> LES MILLS RPM 12:10PM - 12:40PM Cycle Studio</p> <p> LES MILLS BODYATTACK 12:10PM - 12:40PM Y-Outback</p>	<p> LES MILLS RPM 3:45AM - 4:35AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 4:45AM - 5:00AM Studio 4</p> <p> LES MILLS BODYBALANCE 5:50AM - 6:05AM Studio 4</p> <p> LES MILLS RPM 7:45AM - 8:15AM Cycle Studio</p> <p> LES MILLS RPM 9:45AM - 10:15AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 9:45AM - 10:05AM Studio 4</p> <p> LES MILLS GRIT STRENGTH 11:15AM - 11:45AM Y-Outback</p> <p> LES MILLS RPM 12:10PM - 12:40PM Cycle Studio</p> <p> LES MILLS CORE 12:10PM - 12:40PM Y-Outback</p> <p> LES MILLS CORE 12:10PM - 12:40PM Studio 4</p> <p> LES MILLS RPM 1:00PM - 1:50PM Cycle Studio</p> <p> LES MILLS BODYBALANCE 1:00PM - 2:00PM Y-Outback</p> <p> LES MILLS BODYCOMBAT 2:00PM - 2:30PM Y-Outback</p>	<p> LES MILLS RPM 3:45AM - 4:35AM Cycle Studio</p> <p> LES MILLS CORE 5:55AM - 6:25AM Y-Outback</p> <p> LES MILLS BODYBALANCE 5:55AM - 6:15AM Studio 4</p> <p> LES MILLS CORE 7:45AM - 8:15AM Studio 4</p> <p> LES MILLS BODYBALANCE 8:30AM - 9:30AM Y-Outback</p> <p> LES MILLS BODYBALANCE 9:25AM - 9:40AM Studio 4</p> <p> LES MILLS RPM 9:45AM - 10:35AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 11:50AM - 12:10PM Y-Outback</p> <p> LES MILLS RPM 12:10PM - 12:40PM Cycle Studio</p> <p> LES MILLS BODYATTACK 12:10PM - 12:40PM Y-Outback</p> <p> LES MILLS BODYBALANCE 1:00PM - 2:00PM Y-Outback</p> <p> LES MILLS GRIT ATHLETIC 3:30PM - 4:00PM Y-Outback</p> <p> LES MILLS BORN TO MOVE 3:45PM - 4:15PM Studio 4</p>	<p> LES MILLS RPM 3:45AM - 4:35AM Cycle Studio</p> <p> LES MILLS RPM 5:30AM - 6:00AM Cycle Studio</p> <p> LES MILLS BODYATTACK 6:25AM - 6:55AM Y-Outback</p> <p> LES MILLS BODYCOMBAT 7:00AM - 7:45AM Studio 4</p> <p> LES MILLS CORE 8:00AM - 8:30AM Studio 4</p> <p> LES MILLS BODYBALANCE 8:55AM - 9:15AM Y-Outback</p> <p> LES MILLS BODYATTACK 9:00AM - 10:00AM Studio 4</p> <p> LES MILLS BODYATTACK 10:00AM - 10:45AM Y-Outback</p> <p> LES MILLS BODYBALANCE 10:00AM - 10:30AM Studio 4</p> <p> LES MILLS RPM 11:30AM - 12:00PM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 12:00PM - 12:30PM Studio 4</p> <p> LES MILLS RPM 12:30PM - 1:20PM Cycle Studio</p> <p> LES MILLS GRIT CARDIO 12:30PM - 1:00PM Y-Outback</p>	<p> LES MILLS RPM 6:00AM - 6:50AM Cycle Studio</p> <p> LES MILLS RPM 7:15AM - 7:45AM Cycle Studio</p> <p> LES MILLS GRIT STRENGTH 7:30AM - 8:00AM Y-Outback</p> <p> LES MILLS GRIT CARDIO 7:45AM - 8:15AM Studio 4</p> <p> LES MILLS BODYBALANCE 8:10AM - 8:30AM Y-Outback</p> <p> LES MILLS BODYATTACK 8:45AM - 9:30AM Studio 4</p> <p> LES MILLS CORE 8:50AM - 9:20AM Y-Outback</p> <p> LES MILLS RPM 9:00AM - 9:50AM Cycle Studio</p> <p> LES MILLS BODYBALANCE 10:00AM - 10:20AM Y-Outback</p> <p> LES MILLS RPM 10:05AM - 10:55AM Cycle Studio</p> <p> LES MILLS GRIT ATHLETIC 10:30AM - 11:00AM Y-Outback</p> <p> LES MILLS BORN TO MOVE 11:00AM - 11:30AM Studio 4</p> <p> LES MILLS RPM 11:10AM - 12:00PM Cycle Studio</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 3:45PM - 4:15PM Studio 4	 6:30PM - 6:50PM Studio 4	 12:45PM - 1:35PM Cycle Studio	 3:00PM - 3:50PM Cycle Studio	 4:00PM - 4:50PM Cycle Studio	 1:15PM - 2:15PM Y-Outback	 11:15AM - 12:00PM Y-Outback
 4:20PM - 4:50PM Studio 4		 12:45PM - 1:15PM Y-Outback	 STRENGTH 3:45PM - 4:15PM Y-Outback	 4:30PM - 5:00PM Studio 4	 1:45PM - 2:35PM Cycle Studio	 11:30AM - 12:30PM Studio 4
 7:00PM - 7:50PM Cycle Studio		 4:10PM - 5:00PM Cycle Studio	 4:20PM - 5:10PM Cycle Studio	 4:30PM - 5:30PM Y-Outback	 2:30PM - 3:15PM Y-Outback	 12:15PM - 12:45PM Cycle Studio
 7:20PM - 7:40PM Y-Outback		 5:00PM - 6:00PM Studio 4	 5:15PM - 5:45PM Studio 4	 5:00PM - 5:50PM Cycle Studio	 3:00PM - 3:30PM Cycle Studio	 12:15PM - 12:45PM Y-Outback
		 5:15PM - 6:05PM Cycle Studio	 6:30PM - 7:20PM Cycle Studio	 STRENGTH 5:45PM - 6:15PM Y-Outback	 4:00PM - 4:20PM Studio 4	
		 6:05PM - 6:25PM Studio 4	 6:40PM - 7:00PM Y-Outback		 4:15PM - 4:45PM Cycle Studio	
		 STRENGTH 6:45PM - 7:15PM Y-Outback	 ATHLETIC 7:00PM - 7:30PM Y-Outback		 5:00PM - 5:30PM Studio 4	
		 6:50PM - 7:40PM Cycle Studio				
		 7:25PM - 7:40PM Y-Outback				

LESMILLS BODYATTACK

High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

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High-energy fitness class with a combination of athletic movements and strength exercises.

LESMILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LESMILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.

LESMILLS BODYBALANCE STRETCH & FOCUS

Take time to stretch and focus on your flexibility with this short yoga-based workout with elements of Tai Chi and Pilates.

LESMILLS BODYBALANCE

Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.

LESMILLS BODYBALANCE STRENGTH

Yoga-based workout with a focus on strength and flexibility to improve your mind, body and life.

LESMILLS BODYCOMBAT

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

BORN TO MOVE

Focusing on fun rather than formal exercise routines, these classes are the best way to introduce fundamental movement skills.

BORN TO MOVE

Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

BORN TO MOVE

Learn cool moves from dance, martial arts and yoga all jam-packed with cool music, foundation fitness moves and fun games.

LESMILLS CORE

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

LESMILLS CORE

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

LESMILLS GRIT | ATHLETIC

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

LESMILLS GRIT | CARDIO

High-intensity interval training that improves cardiovascular fitness.

LESMILLS GRIT | STRENGTH

High-intensity interval training designed to improve

strength and build lean muscle.

LESMILLS RPM

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

LESMILLS RPM

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

**Marinette-
Menominee YMCA**
Effective 4.11.25
contact: Jenni Campbell,
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