

# YMCA - Marinette-Menominee

## Virtual Group Exercise Schedule effective 4.11.25

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

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 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
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 7:00PM - 7:50PM Cycle Studio		 4:10PM - 5:00PM Cycle Studio	 4:20PM - 5:10PM Cycle Studio	 4:30PM - 5:00PM 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 - 3:50PM 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				

**LES MILLS**  
**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.

**LES MILLS**  
**BODYBALANCE**

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

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**BODYBALANCE**

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

**LES MILLS**  
**BODYBALANCE**

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

**LES MILLS**  
**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.

**LES MILLS**  
**BODYBALANCE**

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

**LES MILLS**  
**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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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.

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

**LES MILLS**  
**CORE**

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

**LES MILLS**  
**CORE**

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

**LES MILLS** | **GRIT** | ATHLETIC

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

**LES MILLS** | **GRIT** | CARDIO

High-intensity interval training that improves cardiovascular fitness.

**LES MILLS** | **GRIT** | STRENGTH

High-intensity interval training designed to improve

strength and build lean muscle.

**LES MILLS**  
**RPM**

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

**LES MILLS**  
**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  
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