

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15	Total Toning 45 minutes		HYROX Engine 45 minutes		BOXHIIT 45 minutes		
6:30	LMV Bodybalance 60 minutes	LM Sprint 30 minutes	LMV Bodybalance 60 minutes	LMV RPM 50 minutes	LMV Sprint 30 minutes		
				LM GRIT Strength 30 minutes			
7:30			LMV Bodycombat 1 hour	LMV Body Attack 1 hour			LMV The Trip 45 minutes
7:45	LM Bodypump Heavy 45 minutes				Total Toning 30 minutes		
8:00	LMV Bodycombat 1 hour					LMV GRIT Cardio 30 minutes	
8:30		LMV Bodybalance 1 hour			LMV GRIT Cardio 30 minutes		LMV Bodycombat 1 hour
8:45						Ride & Burn 1 hour	
9:00			LMV GRIT Cardio 30 minutes				HYROX Complete 45 minutes
9:15					Pilates 45 minutes	Hatha Yoga 1 hour	
9:30		HYROX Foundational 45 minutes	Beginners Yoga 1 hour	LMV Bodycombat 1 hour			Hatha Yoga 1 hour
10:00	Pilates 1 hour						
10:30	LMV Sprint 30 minutes					HYROX Complete 45 minutes	
11:00			LMV Sprint 30 minutes	LMV Bodybalance 1 hour			
12:00	HYROX Complete 45 minutes		LM Bodypump HEAVY 45 minutes		LMV RPM 50 minutes	LMV Body Attack 1 hour	
12:30		LMV RPM 50 minutes		LMV GRIT Cardio 30 minutes			LMV RPM 50 minutes
13:00					LMV Body Attack 1 hour		
13:30						LMV Bodybalance 1 hour	
15:00					LMV Sprint 30 minutes		
16:00							LMV Bodybalance 1 hour
17:00	LMV Body Attack 1 hour			LMV Body Combat 1 hour			
17:30			Pilates 45 minutes		LM Bodypump Heavy 45 minutes	LMV The Trip 45 minutes	LMV RPM 50 minutes
			LMV Sprint 30 minutes				
17:45		Mat Sculpt 45 minutes					
18:00	Total Toning 45 minutes						
18:30		LMV Bodycombat 1 hour	HYROX Power 45 minutes	Live Spin 45 minutes			LMV GRIT Cardio 30 minutes
				LMV Body Attack 1 hour			
18:40		Mat Sculpt 45 minutes	Restorative Yoga 1 hour				
19:00	Core 30 minutes		LMV Body Attack 1 hour	Sculpt 45 minutes		LMV GRIT Cardio 30 minutes	
	LM Sprint 30 minutes						
19:25			Zumba 45 minutes				
19:30	Hatha Yoga 1 hour	Live Spin 45 minutes		LMV Body Attack 1 hour			LMV Bodybalance 1 hour
		Pilates 1 hour					
19:35		HYROX Complete 45 minutes					
19:50				Pilates 1 hour			
20:30	LMV Sprint 30 minutes	LMV GRIT Cardio 30 minutes	LMV RPM 50 minutes	LMV Sprint 30 minutes	LMV GRIT Cardio 30 minutes		

