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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div> 6:00AM - 6:30AM</div>	<div> 6:00AM - 6:30AM</div>	<div> 6:00AM - 6:30AM</div>	<div> 6:00AM - 6:30AM</div>	<div> 6:00AM - 6:30AM</div>	<div> 9:00AM - 9:30AM</div>	
<div> 7:00AM - 7:50AM</div>	<div> 7:00AM - 7:50AM</div>	<div> 7:00AM - 7:30AM</div>	<div> 7:00AM - 7:30AM</div>	<div> 7:00AM - 7:50AM</div>	<div> 10:00AM - 10:30AM</div>	
<div> 8:00AM - 8:30AM</div>	<div> 8:00AM - 8:30AM</div>	<div> 8:00AM - 8:30AM</div>	<div> 9:00AM - 9:30AM</div>	<div> 8:00AM - 8:30AM</div>		
<div> 9:00AM - 9:30AM</div>	<div> 9:00AM - 9:30AM</div>	<div> 9:00AM - 9:30AM</div>	<div> 10:00AM - 10:30AM</div>	<div> 9:00AM - 9:30AM</div>		
<div> 10:00AM - 10:30AM</div>	<div> 10:00AM - 10:30AM</div>	<div> 10:00AM - 10:50AM</div>	<div> 11:00AM - 11:50AM</div>	<div> 10:00AM - 10:50AM</div>		
<div> 11:00AM - 11:30AM</div>	<div> 11:00AM - 11:50AM</div>	<div> 11:00AM - 11:30AM</div>	<div> 12:00PM - 12:30PM</div>	<div> 11:00AM - 11:30AM</div>		
<div> 12:00PM - 12:50PM</div>	<div> 12:00PM - 12:30PM</div>	<div> 12:00PM - 12:50PM</div>	<div> 1:00PM - 1:30PM</div>	<div> 12:00PM - 12:30PM</div>		
<div> 1:00PM - 1:30PM</div>	<div> 1:00PM - 1:50PM</div>	<div> 1:00PM - 1:30PM</div>	<div> 2:00PM - 2:30PM</div>	<div> 1:00PM - 1:50PM</div>		
<div> 2:00PM - 2:50PM</div>	<div> 2:00PM - 2:30PM</div>	<div> 2:00PM - 2:50PM</div>	<div> 3:00PM - 3:50PM</div>	<div> 2:00PM - 2:30PM</div>		
<div> 3:00PM - 3:30PM</div>	<div> 3:00PM - 3:30PM</div>	<div> 3:00PM - 3:30PM</div>	<div> 4:00PM - 4:30PM</div>	<div> 3:00PM - 3:30PM</div>		
<div> 4:00PM - 4:50PM</div>	<div> 4:00PM - 4:30PM</div>	<div> 4:00PM - 4:50PM</div>	<div> 5:00PM - 5:50PM</div>	<div> 4:00PM - 4:50PM</div>		
<div> 5:00PM - 5:30PM</div>	<div> 5:00PM - 5:50PM</div>	<div> 6:00PM - 6:50PM</div>	<div> 6:00PM - 6:30PM</div>	<div> 5:00PM - 5:30PM</div>		
<div> 6:00PM - 6:30PM</div>	<div> 6:00PM - 6:30PM</div>		<div> 7:00PM - 7:30PM</div>	<div> 6:00PM - 6:30PM</div>		
	<div> 7:00PM - 7:30PM</div>					

Les Mills Virtual Class Descriptions:

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Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.
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High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.