







\*All classes, times, and instructors subject to change and/or cancellation.\*

## JULY 2017 ROTATION SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 <b>LES MILLS</b> <b>GRIT</b> STRENGTH \$ 9:15AM - Alex K	2
3 <b>LES MILLS</b> <b>GRIT</b> CARDIO \$ 7:00AM -Sam	4	5 <b>LES MILLS</b> <b>GRIT</b> PLYO \$ 5:15PM - Ana M.	6 <b>LES MILLS</b> <b>GRIT</b> STRENGTH \$ 5:15PM - Fin		8 <b>LES MILLS</b> <b>GRIT</b> CARDIO \$ 9:15AM - Alex K.	9
10 <b>LES MILLS</b> <b>GRIT</b> PLYO \$ 7:00AM -Sam	11	12 <b>LES MILLS</b> <b>GRIT</b> STRENGTH \$ 5:15PM - Ana M.	13 <b>LES MILLS</b> <b>GRIT</b> CARDIO \$ 5:15PM - Fin	14	15 <b>LES MILLS</b> <b>GRIT</b> PLYO \$ 9:15AM - Alex K	16
17 <b>LES MILLS</b> <b>GRIT</b> STRENGTH \$ 7:00AM -Sam	18	19 <b>LES MILLS</b> <b>GRIT</b> CARDIO \$ 5:15PM - Ana M.	20 <b>LES MILLS</b> <b>GRIT</b> PLYO \$ 5:15PM - Fin	21	22 <b>LES MILLS</b> <b>GRIT</b> STRENGTH \$ 9:15AM - Alex K	23
24 <b>LES MILLS</b> <b>GRIT</b> CARDIO \$ 7:00AM -Sam	25	26 <b>LES MILLS</b> <b>GRIT</b> PLYO \$ 5:15PM - Ana M.	27 <b>LES MILLS</b> <b>GRIT</b> STRENGTH \$ 5:15PM - Fin	28	29 <b>LES MILLS</b> <b>GRIT</b> CARDIO \$ 9:15AM - Alex K.	30
31 <b>LES MILLS</b> <b>GRIT</b> PLYO \$ 7:00AM -Sam						

# Capitol Hill Les Mills GRIT Descriptions

Category	Program	Description	Duration	Intensity	Results
 STRENGTH	<b>LES MILLS</b> <b>GRIT</b> STRENGTH	LES MILLS GRIT® Strength is a 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.		High Intensity	<ul style="list-style-type: none"> <li>• Rapidly improve strength</li> <li>• Increase lean muscle</li> <li>• Get fit fast</li> </ul>
 CARDIO	<b>LES MILLS</b> <b>GRIT</b> CARDIO	LES MILLS GRIT® Cardio is a 30-minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.		High Intensity	<ul style="list-style-type: none"> <li>• Rapidly improve cardiovascular fitness</li> <li>• Increase speed</li> <li>• Maximize calorie burn during the workout</li> </ul>
 CARDIO	<b>LES MILLS</b> <b>GRIT</b> PLYO	LES MILLS GRIT® Plyo is a 30-minute high-intensity interval training plyometric-based workout, designed to make you perform like an athlete.		High Intensity	<ul style="list-style-type: none"> <li>• Rapidly improve athletic performance</li> <li>• Increase explosiveness</li> <li>• Build a lean, athletic body</li> </ul>