







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

JULY 2017 ROTATION SCHEDULE

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

Capitol Hill Les Mills GRIT Descriptions

Category	Program	Description	Duration	Intensity	Results
 STRENGTH	LES MILLS GRIT 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"> • Rapidly improve strength • Increase lean muscle • Get fit fast
 CARDIO	LES MILLS GRIT 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"> • Rapidly improve cardiovascular fitness • Increase speed • Maximize calorie burn during the workout
 CARDIO	LES MILLS GRIT 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"> • Rapidly improve athletic performance • Increase explosiveness • Build a lean, athletic body