







JUNE 2017 ROTATION SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 LES MILLS GRIT PLYO \$ 5:15PM - Fin	2 LES MILLS GRIT STRENGTH \$ 6:15AM - Sam	3 LES MILLS GRIT CARDIO \$ 9:15AM - Alex K.	4
5 LES MILLS GRIT PLYO \$ 7:15AM - Tom	6	7 LES MILLS GRIT STRENGTH \$ 5:15PM - Ana M.	8 LES MILLS GRIT CARDIO \$ 5:15PM - Fin	9 LES MILLS GRIT PLYO \$ 6:15AM - Sam	10 LES MILLS GRIT STRENGTH \$ 9:15AM - Alex K	11
12 LES MILLS GRIT CARDIO \$ 7:15AM - Tom	13	14 LES MILLS GRIT PLYO \$ 5:15PM - Ana M	15 LES MILLS GRIT STRENGTH \$ 5:15PM - Fin	16	17 CLASS CANCELLED TODAY DUE TO INSTRUCTOR TRAINING	18
19 LES MILLS GRIT STRENGTH \$ 7:00AM -Sam *NEW TIME/ INSTRUCTOR*	20	21 LES MILLS GRIT CARDIO \$ 5:15PM - Ana M.	22 LES MILLS GRIT PLYO \$ 5:15PM - Fin	23	24 LES MILLS GRIT CARDIO \$ 9:15AM - Alex K.	25
26 LES MILLS GRIT PLYO \$ 7:00AM -Sam *NEW TIME/ INSTRUCTOR*	27	28 LES MILLS GRIT STRENGTH \$ 5:15PM - Ana M.	29 LES MILLS GRIT CARDIO \$ 5:15PM - Ana M.	30		

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

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