







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

## AUGUST 2017 ROTATION SCHEDULE

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

# 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>