







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

OCTOBER 2017 ROTATION SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 LES MILLS GRIT PLYO \$ 7:00AM -Sam	3	4 LES MILLS GRIT STRENGTH \$ 5:15PM - Ana M.	5 LES MILLS GRIT CARDIO \$ 5:15PM - Fin	6	7 SPECIAL LAUNCH RELEASE \$ 9:15AM - Tom & Sam	8
9 LES MILLS GRIT STRENGTH \$ 7:00AM -Sam	10	11 LES MILLS GRIT CARDIO \$ 5:15PM - Ana M.	12 LES MILLS GRIT PLYO \$ 5:15PM - Fin	13	14 LES MILLS GRIT STRENGTH \$ 9:15AM - Tom	15
16 LES MILLS GRIT CARDIO \$ 7:00AM -Sam	17	18 LES MILLS GRIT PLYO \$ 5:15PM - Ana M.	19 LES MILLS GRIT STRENGTH \$ 5:15PM - Fin	20	21 LES MILLS GRIT CARDIO \$ 9:15AM - Tom	22
23 LES MILLS GRIT PLYO \$ 7:00AM -Sam	24	25 LES MILLS GRIT STRENGTH \$ 5:15PM - Ana M.	26 LES MILLS GRIT CARDIO \$ 5:15PM - Fin	27	28 LES MILLS GRIT PLYO \$ 9:15AM - Tom	29
30 LES MILLS GRIT STRENGTH \$ 7:00AM -Sam	31					

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