







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

NOVEMBER 2017 ROTATION SCHEDULE

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

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