

VIRTUAL LESMILLS RPM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45am	6:45am	5:30am	6:45am	5:30am	10:00am	10:30am
8:00am	10:00am	6:45am	10:00am	6:45am	11:15am	11:45am
10:15am	11:15am	8:00am	11:15am	9:45am	12:30pm	1:00pm
11:30am	12:30pm	11:45pm	12:30pm	11:00am	1:45pm	2:15pm
12:45pm	1:45pm	1:00pm	1:45pm	12:15pm	3:00pm	3:30pm
2:00pm	3:00pm	2:15pm	3:00pm	1:30pm	4:15pm	4:45pm
3:15pm	4:15pm	3:30pm	4:15pm	2:45pm	5:30pm	
4:15pm	6:00pm	4:45pm		4:00pm	6:45pm	
7:00pm	7:00pm	6:00pm		5:15pm		
8:15pm	8:30pm	7:15pm		6:30pm		
		8:30pm				

Revised 6/5/17



3146 Goodman Road, Southaven, MS 38672
 662.349.0403 www.daclife.com
 For questions, contact Group Fitness Director
 Amy Johndrow at: ajohndrow@daclife.com

VIRTUAL Group Fitness

Monday

5:30am
Sh'Bam

6:45am
Flow

12:15pm
Flow

1:15pm
Pump

2:15pm
Sh'Bam

3:30pm
CX Worx

7:45pm
Sh'Bam

8:50pm
CX Worx

Tuesday

6:45am
Combat

1:00pm
Combat

2:00pm
Pump

3:00pm
Flow

4:00pm
CX Worx

8:15pm
Pump

Wednesday

6:45am
Pump

1:15pm
Sh'Bam

2:15pm
Combat

3:15pm
Pump

7:15pm
Flow

8:30pm
Combat

Thursday

6:45am
Flow

7:45am
CX Worx

11:45am
Pump

1:00pm
Flow

2:00pm
CX Worx

2:30pm
Pump

3:35pm
Combat

7:15pm
Pump

8:30pm
Sh'Bam

Friday

6:45am
Sh'Bam

10:45am
Pump

12:00pm
Combat

1:00pm
CX Worx

1:30pm
Flow

2:30pm
Combat

3:30pm
Pump

Saturday

8:30am
Pump

11:00am
Flow

12:00pm
Sh'Bam

1:00pm
Pump

2:00pm
Combat

3:00pm
Flow

4:00pm
Pump

5:00pm
Sh'Bam

6:00pm
CX Worx

6:30pm
Pump

Sunday

10:30am
Pump

11:30am
Combat

12:45pm
Combat

4:15pm
CX Worx

4:45pm
Pump

Revised 6/5/17

On the last Thursday of every month, there will be NO classes from 7:45am to 2:30pm.



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