VERO FITNESS

Main Studio Virtual Classes

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am LesMills BODYATTACK 30'	6:00am LesMills BODYPUMP 55'	5:30am LesMills sprint 30'	5:30am Reserved	6:00am LesMills BODYPUMP 45'	9:00am Reserved	7:30am LesMills sprint 30'
6:00am LesMills BODYCOMBAT 45'	7:00am Reserved	6:00am LesMills BODYCOMBAT 45'	7:00am LesMills BODYBALANCE 55'		For your safety Our Main Studio is monitored by video camera	8:00am LesMills DANCE 30'
7:00am Reserved	8:30am Reserved	7:00 - 11:15am Reserved	LesMills	7:00 – 7:45am Reserved		8:30am LesMills CORE 30'
9:00am Reserved	9:30am Reserved		8:00am Reserved	8:00am MEMBER CHOICE SEE DETAILS BELOW		9:30am - 11:45am Reserved
LesMills	10:40am LesMills CORE 30'	11:30pm LesMills BODYPUMP 55'	9:30am Reserved	9:30 - 11:45am Reserved		11:45am LesMills BODYPUMP 55'
	11:10am Reserved	1:00pm Reserved	11:00am Reserved	11:45am LesMills BODYPUMP 55'	10:15am Reserved	1:00pm LesMills BODYBALANCE 55'
12:00pm LesMills BODYPUMP 55'	12:00pm Reserved	2:00pm MEMBER CHOICE SEE DETAILS BELOW	12:00pm MEMBER CHOICE SEE DETAILS BELOW		11:20am MEMBER CHOICE SEE DETAILS BELOW	2:00pm LesMills GRIT | STRENGTH 30'
1:30pm LesMills GRIT | STRENGTH 30'	LesMills		1:30pm LesMills BODYBALANCE 55'	1:00 - 2:30pm Reserved	12:00pm LesMills BODYPUMP 55'	2:30pm LesMills GRIT | CARDIO 30'
2:00pm LesMills GRIT | CARDIO 30'		3:00pm MEMBER CHOICE SEE DETAILS BELOW	3:00 - 4:00pm Reserved	LesMills		3:00pm LesMills RPM 30'
3:00pm LesMills BODYPUMP 55'	1:30pm LesMills BODYBALANCE 55'	4:30pm Reserved		3:15pm LesMills BODYPUMP 55'	3:00pm LesMills BODYPUMP 55'	3:30pm LesMills DANCE 30'
LesMills	2:30pm LesMills DANCE 30'	5:30 Reserved	4:30pm LesMills BODYPUMP 30'	4:45pm LesMills BODYPUMP 55'	4:00pm LesMills BODYCOMBAT 55'	4:00pm LesMills BODYPUMP 55'
4:00pm LesMills BODYATTACK 45'	3:00pm LesMills BODYBALANCE 55'	6:45pm LesMills DANCE 45'	5:30pm - 6:15pm Reserved	5:45pm LesMills BODYCOMBAT 55'	5:00pm FLEXIBILITY LesMills BODYBALANCE 30'	5:00pm LesMills BODYBALANCE 45'
5:30pm Reserved	4:00pm LesMills BODYPUMP 45'	8:00pm LesMills GRIT | STRENGTH 30'	6:30pm Reserved	6:45pm LesMills BODYPUMP 55'	VERO FITNESS	LesMills
6:45pm Reserved	5:15pm - 6:45pm Reserved	8:30pm LesMills DANCE 30'	7:45pm LesMills BODYATTACK 45'	7:45pm Flexibility LesMills BODYBALANCE 30'	KEY TO CLASS LOCATIONS: Reserved FOR LIVE CLASSES MAIN STUDIO; VIRTUAL CLASSES	
8:00pm LesMills DANCE 45'	6:45pm Reserved	LesMills		8:15pm LesMills CORE 30'	MEMBER CHOICE: Text with 24 hour notice to: 802-324-3578 will allow you to choose one of our 5 virtual programs to be plugged in on a first come, first serve basis. You will be notified of class status. You may also request a program any time not on the schedule within club hours.	

Category	Program	Description	Intensity	Results	Duration		
					Live		
					30'	45'	55'
Strength	BODYPUMP™	BODYPUMP™ is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit – fast.	Moderate – High	• Strengthen muscles • Improve bone health • Build core strength • Get fit	●	●	●
Cardio	BODYCOMBAT™	BODYCOMBAT™ is a high-energy martial art-inspired workout that fuels cardio fitness and strengthens your whole body. This non-contact class will improve your agility, speed, and release stress to leave you to feel amazing.	Moderate – High	• Fuel cardio fitness • Develop coordination, agility, and speed • Build core strength • Master physical and mental resilience	●	●	●
Flexibility Mind Body	BODYBALANCE™	BODYBALANCE™ is the yoga-based class that will improve your mind, body, and overall wellbeing. With elements of Tai Chi, Pilates and yoga moves, you will strengthen your entire body, improve flexibility and reduce stress.	Low	• Improve flexibility • Build core strength and stability • Release tension • Reduce stress + improve wellbeing	●	●	●
Cardio	BODYATTACK™	BODYATTACK™ is a high-energy, athletic workout focused on cardio fitness, muscle endurance and agility. It combines sports-inspired training like running, lunging, and jumping with body weight strength exercises.	Moderate – High	• Increase cardio fitness • •mprove agility and coordination • Get fit fast • Build athletic muscles	●	●	●
HIIT Strength and Cardio	GRIT	**LES MILLS GRIT™ STRENGTH** is a high-intensity interval training (HIIT) workout that combines scientifically-tested moves and weight exercises to build muscle and cardiovascular fitness. **LES MILLS GRIT™ CARDIO** is a scientifically-tested workout that uses body weight exercises with a focus on speed. Develop anaerobic stamina and rapidly improve your cardiovascular fitness to get you fit – fast. **LES MILLS GRIT™ ATHLETIC** is the next generation of high-intensity interval training. Use weight plates, body weight exercises and explosive agility training to build an athletic body.	High	• Maximum performance, minimum time • Strengthen muscle and improve agility • Push your mental and physical limits • Improve cardiovascular fitness	●		
Dance Cardio	DANCE	**LES MILLS DANCE** is a high-energy workout that will challenge and move you. Each class includes 10 stand-alone tracks, with each introducing new choreography. The workout is anchored in 3 cardio peaks, a warm-up, and a cool-down. It combines innovative dance movements with the latest music to drive energy and motivation in every move. With a focus on movement and technique, LES MILLS DANCE is simple to master and a great option for those who want to improve their dance skills while getting fit or for anyone who loves to dance.	High	• Increase cardio stamina • Improve agility and coordination • Build self confidence • Connect to the lates: house, hip hop, and drum n bass music	●	●	
Strength Cardio	barre	**LES MILLS BARRE™** is a low-impact, ballet-inspired workout which combines graceful movements with high-rep body weight exercises. It is designed to strengthen postural muscles and allows you to feel focused throughout your day.	Moderate – High	• Build strength • Shape elegance • Core strength	●		
Cardio	BODYSTEP	**BODY STEP™** is an uplifting, full-body step workout that increases your overall fitness. With a mixture of body weight and optional weight plate exercises, it will improve your coordination, elevate your heart rate and strengthen your muscles.	Moderate – High	• Increase cardio fitness • Improve power and functional strength • Strengthen your legs and glutes • Train your physical and mental agility	●	●	●
Dance Cardio	SHBAM	**SH'BAM™** is the fun, insanely addictive way to learn new dance moves. Move with the squad to the latest tracks, while lifting your cardio, improve your coordination, and shaking off the stress of the day.	Moderate	• Boost endorphins • Lose yourself in the music	●	●	
Cycle Cardio	THE TRIP	**THE TRIP™** is an immersive cycling workout that will elevate your heart rate and sensory experience. You will be transported to the future of fitness through digitally-created worlds and take your motivation to the next level.	Moderate – High	• Strengthen and tone leg muscles • Increase cardio fitness and stamina • Feel the endorphin rush		●	
Cycle Cardio	sprint	**LES MILLS SPRINT™** is a transformative high-intensity interval training (HIIT) workout, using an indoor bike to achieve fast results. It's a short, intense style of training that pushes your physical and mental limits.	High	• Maximum performance, minimum time • Build lean muscle get fit • Push your mental and physical limits	●		
Cycle Cardio	RPM	**RPM™** is an indoor cycling workout that will shift your cardio fitness to a higher gear. Find your rhythm in the music, set your own resistance level, and hit an endorphin high.	Moderate – High	• Build strong leg muscles • Increase cardio fitness and stamina • Feel the endorphin rush	●	●	
Core	CORE	**LES MILLS CORE™** is an intense core workout for functional fitness. It's scientifically designed to build strength, stability and endurance in the muscles that support your core, including the abs, glutes and back.	Moderate	• Increase core strength and stability • Tone and condition your abs, glutes and back • Improve posture and movement control • Build muscular endurance and resilience • Restore function and flexibility to your core	●	●	