






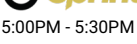
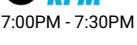








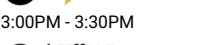
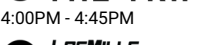


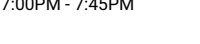







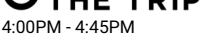
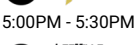
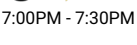







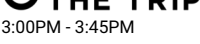
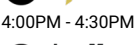
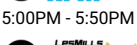

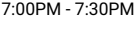







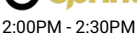
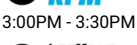
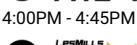
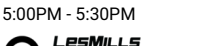
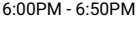







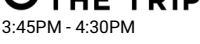







CHASCO Family YMCA of Central Texas Virtual Onsite Studio Schedule

CHASCO
Cycle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> LES MILLS RPM 5:20AM - 6:10AM</p> <p> LES MILLS RPM 7:10AM - 7:40AM</p> <p> LES MILLS sprint 8:00AM - 8:30AM</p> <p> LES MILLS sprint 11:00AM - 11:30AM</p> <p> LES MILLS sprint 1:00PM - 1:30PM</p> <p> LES MILLS RPM 3:00PM - 3:30PM</p> <p> LES MILLS sprint 4:00PM - 4:30PM</p> <p> LES MILLS sprint 5:00PM - 5:30PM</p> <p> LES MILLS RPM 7:00PM - 7:30PM</p>	<p> LES MILLS THE TRIP 5:20AM - 6:05AM</p> <p> LES MILLS THE TRIP 7:10AM - 7:55AM</p> <p> LES MILLS sprint 8:30AM - 9:00AM</p> <p> LES MILLS sprint 10:10AM - 10:40AM</p> <p> LES MILLS RPM 11:00AM - 11:50AM</p> <p> LES MILLS THE TRIP 12:00PM - 12:45PM</p> <p> LES MILLS RPM 1:00PM - 1:50PM</p> <p> LES MILLS RPM 2:00PM - 2:30PM</p> <p> LES MILLS sprint 3:00PM - 3:30PM</p> <p> LES MILLS THE TRIP 4:00PM - 4:45PM</p> <p> LES MILLS RPM 5:00PM - 5:50PM</p> <p> LES MILLS sprint 6:00PM - 6:30PM</p> <p> LES MILLS THE TRIP 7:00PM - 7:45PM</p>	<p> LES MILLS sprint 7:10AM - 7:40AM</p> <p> LES MILLS THE TRIP 8:10AM - 8:55AM</p> <p> LES MILLS THE TRIP 10:10AM - 10:55AM</p> <p> LES MILLS sprint 12:00PM - 12:30PM</p> <p> LES MILLS THE TRIP 1:15PM - 2:00PM</p> <p> LES MILLS sprint 2:05PM - 2:35PM</p> <p> LES MILLS RPM 3:00PM - 3:50PM</p> <p> LES MILLS THE TRIP 4:00PM - 4:45PM</p> <p> LES MILLS sprint 5:00PM - 5:30PM</p> <p> LES MILLS sprint 7:00PM - 7:30PM</p>	<p> LES MILLS RPM 5:20AM - 6:10AM</p> <p> LES MILLS sprint 8:30AM - 9:00AM</p> <p> LES MILLS RPM 9:30AM - 10:20AM</p> <p> LES MILLS sprint 11:00AM - 11:30AM</p> <p> LES MILLS THE TRIP 12:00PM - 12:45PM</p> <p> LES MILLS sprint 1:00PM - 1:30PM</p> <p> LES MILLS RPM 2:00PM - 2:50PM</p> <p> LES MILLS THE TRIP 3:00PM - 3:45PM</p> <p> LES MILLS sprint 4:00PM - 4:30PM</p> <p> LES MILLS RPM 5:00PM - 5:50PM</p> <p> LES MILLS sprint 6:00PM - 6:30PM</p> <p> LES MILLS RPM 7:00PM - 7:30PM</p>	<p> LES MILLS sprint 5:20AM - 5:50AM</p> <p> LES MILLS THE TRIP 7:10AM - 7:55AM</p> <p> LES MILLS sprint 8:15AM - 8:45AM</p> <p> LES MILLS THE TRIP 10:05AM - 10:50AM</p> <p> LES MILLS sprint 11:00AM - 11:30AM</p> <p> LES MILLS RPM 12:00PM - 12:50PM</p> <p> LES MILLS RPM 1:00PM - 1:30PM</p> <p> LES MILLS RPM 2:00PM - 2:50PM</p> <p> LES MILLS sprint 3:00PM - 3:30PM</p> <p> LES MILLS RPM 4:00PM - 4:45PM</p> <p> LES MILLS THE TRIP 5:00PM - 5:30PM</p> <p> LES MILLS RPM 6:00PM - 6:50PM</p>	<p> LES MILLS sprint 7:20AM - 7:50AM</p> <p> LES MILLS sprint 8:00AM - 8:30AM</p> <p> LES MILLS THE TRIP 10:30AM - 11:15AM</p> <p> LES MILLS RPM 12:00PM - 12:50PM</p> <p> LES MILLS sprint 1:00PM - 1:30PM</p> <p> LES MILLS THE TRIP 2:00PM - 2:45PM</p> <p> LES MILLS RPM 3:00PM - 3:30PM</p> <p> LES MILLS THE TRIP 3:45PM - 4:30PM</p>	<p> LES MILLS THE TRIP 11:30AM - 12:15PM</p> <p> LES MILLS THE TRIP 1:45PM - 2:30PM</p> <p> LES MILLS sprint 2:45PM - 3:15PM</p> <p> LES MILLS RPM 3:30PM - 4:20PM</p> <p> LES MILLS THE TRIP 4:45PM - 5:30PM</p>

CHASCO Family YMCA of Central Texas Virtual Onsite Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



High-energy fitness class with a combination of athletic movements and strength exercises.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life. Focusing on flexibility.



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



The original barbell workout for anyone looking to get lean, toned and fit - fast.



Put the focus on strengthening your upper body with the original barbell workout that gets you lean, toned and fit - fast.



30 minute core conditioning workout targeting all the muscles

around the core. A strong core makes us better at everything we do.



High-intensity interval training that improves cardiovascular fitness.



High-intensity interval training designed to improve strength and build lean muscle.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



Fun-loving and insanely addictive dance workout. No dance experience required!



High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.



A totally unique workout experience that combines a multi-peak cycling workout with a journey through digitally-created worlds.

CHASCO Family
YMCA - Round Rock,
Texas
Virtual Group Fitness Schedule