

CHASCO Family YMCA of Central Texas Virtual Onsite Studio Schedule 5.12.25

CHASCO
Cycle

Cycle						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div><div><div><div></div><div>LES MILLS</div></div><div>RPM</div></div><div>7:10AM - 7:40AM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>sprint</div></div><div>8:15AM - 8:45AM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>THE TRIP</div></div><div>10:10AM - 10:55AM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>sprint</div></div><div>11:00AM - 11:30AM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>sprint</div></div><div>1:00PM - 1:30PM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>RPM</div></div><div>3:00PM - 3:30PM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>sprint</div></div><div>4:00PM - 4:30PM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>sprint</div></div><div>5:00PM - 5:30PM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>RPM</div></div><div>6:05PM - 6:55PM</div></div> <div><div><div><div></div><div>LES MILLS</div></div><div>THE TRIP</div></div><div>8:00PM - 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High-energy fitness class with a combination of athletic movements and strength exercises.



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



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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.



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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.



A high energy innovative dance workout that uses music inspired by global dance genres to challenge and move you.



Feel the beat, work your body, lift your heart rate and boost

endurance. This 45-minute high-energy workout has been created by dancers to challenge and uplift you.



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.



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.