

Strength Development LES MILLS



**Participant Guide
Fall 2026**

Weekly Class Schedule

Day	Time	Location	Instructor
Tuesday	5:30 pm	Small Studio	Jeff
Wednesday	6:45 pm	Main Studio	Chantelle
Thursday	5:30 pm	Small Studio	Elizabeth
Friday	7:00 am	Main Studio	Emily
Sunday	8:00 am	Main Studio	Elizabeth

Notes:

- The workout changes each week, but every class in a given week will feature the same workout.
- Each new workout starts on Tuesday and continues through Sunday.
- There is a week off for Thanksgiving. We'll also have an extra week at the end of Block 1 to help you make up any missed classes. If you didn't miss any classes, you can have a bonus workout week or take the week off!
- If you're not able to attend a class, please cancel. You can use that class another time (even in a different week).
- Manage your class reservations using our app or website.

Program Schedule

	Start Date	End Date	Workout Focus
BLOCK 1	Tue Sep 15	Sun Sep 20	Foundational Strength
	Tue Sep 22	Sun Sep 27	Full Body Hypertrophy
	Tue Sep 29	Sun Oct 4	Full Body Pure Strength
	Tue Oct 6	Sun Oct 11	Full Body Hypertrophy
	Tue Oct 13	Sun Oct 18	Strength / Hypertrophy
	Tue Oct 20	Sun Oct 25	Strength / Hypertrophy
	Tue Oct 27	Sun Nov 1	BONUS / MAKEUP WEEK (Instructor's Choice!)
BLOCK 2	Tue Nov 3	Sun Nov 8	Foundational Strength
	Tue Nov 10	Sun Nov 15	Full Body Hypertrophy
	Tue Nov 17	Sun Nov 22	Full Body Pure Strength
	Tue Nov 24	Sun Nov 29	NO CLASSES (Thanksgiving)
	Tue Dec 1	Sun Dec 7	Full Body Hypertrophy
	Tue Dec 8	Sun Dec 14	Strength / Hypertrophy
	Tue Dec 15	Sun Dec 20	Strength / Hypertrophy