




Studio 1 // GX Schedule – NORTH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	LES MILLS BODYPUMP® Mary	LES MILLS BODYCOMBAT® Rachael			LES MILLS BODYPUMP® Rachel S 45 min	
8:15 a.m.	ACTIVE LIVING 8:30 a.m. – Janet Focus - Resistance	LES MILLS BODYPUMP® Rebekah		LES MILLS BODYPUMP® Mike		Les Mills CORE 8:30am - Rachael
9:00 a.m.			ACTIVE LIVING Velvet Focus – Balance / Flexibility		ACTIVE LIVING Velvet Focus - Cardio	LES MILLS BODYPUMP® Mary
9:30 a.m.		LES MILLS BODYFLOW® Rebekah				LES MILLS BODYJAM® 10:15 a.m – Rachael & Mary
11:30 a.m.	LES MILLS BODYSTEP® Ramie		Les Mills CORE Mary	LES MILLS BODYSTEP® Maddy	LES MILLS BODYCOMBAT® Rachael	LES MILLS BODYFLOW® Janae / Emily / Velvet
Noon	LES MILLS BODYPUMP® Mike & Shawn	LES MILLS BODYSTEP® Maddy & Johnny	LES MILLS BODYCOMBAT® Ramie & Rachael	LES MILLS BODYPUMP® Sarah & Rachael		
2:00 & 3:00 p.m.	 Parkinson's Power moves Susan		 Parkinson's Power moves Susan		 Parkinson's Power moves Susan	
4:30 p.m.	LES MILLS BODYJAM® Rachael		LES MILLS BODYPUMP® Jared & Madeline		LES MILLS BODYPUMP® Jared / Joseph	
5:30 p.m.	LES MILLS BODYPUMP® Joseph	LES MILLS BODYSTEP® Seth		LES MILLS BODYCOMBAT® Ramie & Mercedes		

Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.			Les Mills CORE 30 min Rachael M			
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
Noon			LES MILLS BODYBALANCE Kalee		LES MILLS BODYBALANCE Velvet	

5:30 p.m.	LES MILLS BODYBALANCE Rebekah	Les Mills CORE 30 min LES MILLS BODYBALANCE 6:05-6:35pm Velvet			
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Gentle Yoga: for all fitness levels. Most of the class will be taught on the floor, seated, on the back or the belly. The focus will change daily. Focus could be on a particular part of the body, strength, balance, stretching, restoring, or all of the above.

Cycling Cinema // Virtual & LIVE – NORTH

Key: 🎥 = virtual class = live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	🎥 LES MILLS sprint 30	🎥 LES MILLS sprint 30		🎥 LES MILLS RPM 30	🎥 LES MILLS sprint 30	
5:30 a.m.	🎥 LES MILLS RPM 50	🎥 THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE Rachael	🎥 LES MILLS RPM 50	🎥 THE TRIP COMPETE 40	
7:15 a.m.	🎥 THE TRIP COMPETE 40	🎥 LES MILLS sprint 30	🎥 LES MILLS sprint 30	🎥 LES MILLS sprint 30	🎥 THE TRIP COMPETE 40	🎥 LES MILLS sprint 30
8:30 a.m.	LES MILLS RPM Josh M	🎥 LES MILLS sprint 30	LES MILLS THE TRIP COMPETE Josh M	🎥 LES MILLS sprint 30	LES MILLS RPM Valerie	🎥 LES MILLS sprint 30
9:40 a.m.	🎥 LES MILLS sprint 30	🎥 THE TRIP COMPETE 40	🎥 LES MILLS sprint 30	🎥 THE TRIP COMPETE 40	🎥 LES MILLS sprint 30	LES MILLS THE TRIP COMPETE 9:15 a.m.- Rachael
10:15 a.m.	🎥 THE TRIP COMPETE 40		🎥 LES MILLS RPM 50		🎥 LES MILLS RPM 50	🎥 LES MILLS RPM 50
Noon	🎥 LES MILLS sprint 30 🎥 LES MILLS RPM 30	LES MILLS THE TRIP COMPETE Josh M	🎥 LES MILLS sprint 30 🎥 LES MILLS RPM 30	🎥 THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE Rachael	🎥 LES MILLS sprint 30 🎥 LES MILLS RPM 30
4:30 p.m.	LES MILLS THE TRIP COMPETE Linda	🎥 LES MILLS sprint 30	🎥 LES MILLS sprint 30	🎥 THE TRIP COMPETE 40	🎥 LES MILLS RPM 50	
5:30 p.m.	LES MILLS THE TRIP COMPETE Mercedes	LES MILLS THE TRIP COMPETE Ron	LES MILLS THE TRIP COMPETE Kalee	LES MILLS THE TRIP COMPETE Linda	🎥 LES MILLS THE TRIP COMPETE 40	

6:30 p.m.	THE TRIP COMPETE 40	THE TRIP COMPETE 40	THE TRIP COMPETE 40	sprint 30	RPM 50	
8:00 p.m.	sprint 30	RPM 30	sprint 30	RPM 30		

Pool Pool is located inside Hendrick Center for Rehabilitation, 1934 Hickory St.

	Monday	Tuesday	Wednesday	Thursday	Friday
6 a.m.	Friends and water Dee		Friends and water Dee		Aqua blast Samantha
7 a.m.	H2O Splash Dee		Friends and water Dee		Forever fit Sherry
10 a.m.		Stretch & Tone Lisa		Stretch & Tone Lisa	
Noon	Making waves Kelly	Wet N' Wild Kelly	Making waves Kelly	Wet N' Wild Kelly	Making waves Kelly
1:00-1:45 and 1:45-2:30 p.m.	Open Walking Kelly	Open Walking Sherry	Open Walking Kelly	Open Walking Sherry	Open Walking Kelly
5 p.m.	H2O Splash Katie	Aqua Blast Janet	Dancing in the Moon Light Sherry	Aqua blast Janet	TGIF Sherry