




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® Madeline	
8:15 a.m.	ACTIVE LIVING 8:30 a.m. – Janet Focus - Resistance	LES MILLS BODYPUMP® Rebekah		LES MILLS BODYPUMP® Mike		LesMills CORE 8:30am - Rachael
9:00 a.m.			ACTIVE LIVING Ruthie Focus – Balance / Flexibility		ACTIVE LIVING Ruthie Focus - Cardio	LES MILLS BODYPUMP® Mary
9:30 a.m.		LES MILLS BODYFLOW® Rebekah				
11:30 a.m.	LES MILLS BODYSTEP® Ramie		LesMills CORE Mary	LES MILLS BODYSTEP® Maddy		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			

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 Gray highlight= live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>sprint</i> 30		 LES MILLS <i>RPM</i> 30	 LES MILLS <i>sprint</i> 30	
5:30 a.m.	 LES MILLS <i>RPM</i> 50	 THE TRIP COMPETE 40	LES MILLS <i>THE TRIP</i> COMPETE Rachael	 LES MILLS <i>RPM</i> 50	 THE TRIP COMPETE 40	
7:15 a.m.	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>sprint</i> 30
8:30 a.m.	LES MILLS <i>RPM</i> Josh M	 LES MILLS <i>sprint</i> 30	LES MILLS <i>THE TRIP</i> COMPETE Josh M	 LES MILLS <i>sprint</i> 30	LES MILLS <i>RPM</i> Valerie	 LES MILLS <i>sprint</i> 30
9:40 a.m.	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>sprint</i> 30	LES MILLS <i>THE TRIP</i> COMPETE 9:15 a.m.- Rachael
10:15 a.m.	 LES MILLS <i>THE TRIP</i> COMPETE 40		 LES MILLS <i>RPM</i> 50		 LES MILLS <i>RPM</i> 50	 LES MILLS <i>RPM</i> 50
Noon	 LES MILLS <i>sprint</i> 30  LES MILLS <i>RPM</i> 30	LES MILLS <i>THE TRIP</i> COMPETE Josh M	 LES MILLS <i>sprint</i> 30  LES MILLS <i>RPM</i> 30	 LES MILLS <i>THE TRIP</i> COMPETE 40	LES MILLS <i>THE TRIP</i> COMPETE Rachael	 LES MILLS <i>sprint</i> 30  LES MILLS <i>RPM</i> 30
4:30 p.m.	LES MILLS <i>THE TRIP</i> COMPETE Linda	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>RPM</i> 50	
5:30 p.m.	LES MILLS <i>THE TRIP</i> COMPETE Mercedes	LES MILLS <i>THE TRIP</i> COMPETE Ron	LES MILLS <i>THE TRIP</i> COMPETE Linda / Mercedes	LES MILLS <i>THE TRIP</i> COMPETE Linda	 LES MILLS <i>THE TRIP</i> COMPETE 40	
6:30 p.m.	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>THE TRIP</i> COMPETE 40	 LES MILLS <i>sprint</i> 30	 LES MILLS <i>RPM</i> 50	

8:00 p.m.						
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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