




Studio 1 // GX **December** 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 Janet 8:30 a.m.	LES MILLS BODYPUMP® Rebekah	ACTIVE LIVING Ruthie 8:30 a.m.	LES MILLS BODYPUMP® Mike	ACTIVE LIVING Ruthie 8:30 a.m.	
9:05 a.m.						LES MILLS BODYPUMP® Mary
9:30 a.m.		LES MILLS BODYBALANCE Rebekah				
11:30 a.m.	LES MILLS BODYSTEP® Ramie		Les Mills CORE Mary		Les Mills CORE Mary	
Noon	LES MILLS BODYPUMP® Mike & Shawn	LES MILLS BODYSTEP® Maddy & Johnny	LES MILLS BODYCOMBAT® Ramie & Rachael	LES MILLS BODYPUMP® Sarah & Rachael		
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 & Seth	LES MILLS BODYSTEP® Seth		LES MILLS BODYCOMBAT® Ramie & Mercedes		

Studio 2



















































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.			Les Mills CORE Rachael			
8:30 a.m.	LES MILLS BODYBALANCE Janae					Les Mills CORE Rachael
9:30 a.m.		Gentle Yoga Kathy 10 a.m.		Gentle Yoga Kathy 10 a.m.		LES MILLS BODYBALANCE Velvet
Noon			LES MILLS BODYBALANCE Kalee		LES MILLS BODYBALANCE Velvet	
2:00 & 3:00 p.m.	 Parkinson's Power moves Susan		 Parkinson's Power moves Susan		 Parkinson's Power moves Susan	

5:30 p.m.	LES MILLS BODYBALANCE Rebekah					
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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 December Schedule -- **NORTH**

Key:  = virtual class Gray highlight = 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	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 8:00 a.m.
8:30 a.m.	THE TRIP COMPETE Josh	 LES MILLS sprint 30	THE TRIP COMPETE Josh	 LES MILLS sprint 30	 THE TRIP COMPETE	 LES MILLS sprint 30
9:45 a.m.	 LES MILLS sprint 30	 THE TRIP COMPETE 40	 LES MILLS sprint 30	 THE TRIP COMPETE 40	 LES MILLS sprint 30	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 50	 THE TRIP COMPETE 40	 LES MILLS sprint 30  LES MILLS RPM 30	 THE TRIP COMPETE 40	THE TRIP COMPETE Rachael	 LES MILLS sprint 30  LES MILLS RPM 30
4:30 p.m.	THE TRIP COMPETE Linda	 LES MILLS sprint 30	 THE TRIP COMPETE 40	 THE TRIP COMPETE 40	 LES MILLS RPM 50	
5:30 p.m.	 THE TRIP COMPETE 40	THE TRIP COMPETE Ron	THE TRIP COMPETE Mercedes	THE TRIP COMPETE Linda	 THE TRIP COMPETE 40	
6:30 p.m.	 THE TRIP COMPETE 40	 THE TRIP COMPETE 40	 THE TRIP COMPETE 40	 LES MILLS sprint 30	 LES MILLS RPM 50	
8:00 p.m.	 LES MILLS sprint 30	 LES MILLS RPM 30	 LES MILLS sprint 30	 LES MILLS RPM 30		

Hendrick – **SOUTH** / Virtual & Love / Group Fitness Schedule

Key: 🕒 = Virtual Class Gray Highlight = Live Class

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 AM		Chair Yoga Kathy		Chair Yoga Kathy	
8:30 AM	LES MILLS THE TRIP COMPETE 🕒				LES MILLS THE TRIP COMPETE 🕒
9:30 AM	Gentle Yoga Kathy	Active Yoga Terri	Gentle Yoga Kathy	Active Yoga Terri	Gentle Yoga Kathy
10:45 AM	Mat Pilates Kathy		Mat Pilates Kathy		Mat Pilates Kathy
12:00 PM	LES MILLS THE TRIP COMPETE 🕒	LES MILLS BODYPUMP®		LES MILLS THE TRIP COMPETE 🕒	LES MILLS BODYPUMP®
4:30 PM	LES MILLS THE TRIP COMPETE 🕒		LES MILLS BODYBALANCE 🕒	LES MILLS BODYPUMP®	
5:00 PM		LES MILLS BODYPUMP®			
5:30 PM	Yin Yoga / Restorative Kathy		LES MILLS BODYCOMBAT® 5:45PM		