







Studio 1 // GROUP FITNESS SCHEDULE – Studio 1

	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.		LES MILLS BODYPUMP® Rebekah		LES MILLS BODYPUMP® Mike		
8:30 a.m.	ACTIVE LIVING Janet		ACTIVE LIVING Ruthie		ACTIVE LIVING Ruthie	
9:05 a.m.						LES MILLS BODYPUMP® MJ/Sarah/Seth
9:30 a.m.		LES MILLS BODYBALANCE Rebekah				
11:30 a.m.	LES MILLS BODYSTEP® Ramie			LES MILLS BODYSTEP® Maddy		
Noon	LES MILLS BODYPUMP® Mike & Shawn	LES MILLS BODYSTEP® Maddie & 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	

5:35 p.m.	LES MILLS BODYPUMP® Joseph & Seth	LES MILLS BODYSTEP® Seth		LES MILLS BODYCOMBAT® Ramie / Mercedes		
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Studio 2 // GROUP FITNESS SCHEDULE – Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.			LesMills CORE Rachael			
8:30 a.m.	LES MILLS BODYBALANCE Janae					LesMills CORE Rachael
9:30 a.m.						LES MILLS BODYBALANCE Velvet
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
11:30 a.m.			LesMills CORE Kalee		LesMills CORE Velvet	

Noon			 Kalee		 Velvet	
2:00 p.m. and 3:00 p.m.	 Parkinson's Power moves- Susan		 Parkinson's Power moves- Susan		 Parkinson's Power moves- Susan	
5:30 p.m.	 Rebekah					

Gentle Yoga - This class is for all fitness levels and ages. Most of the class will be taught on the floor, seated, on the back or the belly. The focus of this class could be on a particular part of the body: a) to help strengthen through body weight exercises, b) strengthen core muscles to help with balance, c) stretching your muscles to help lengthen and increase range of motion, d) restoring your mind and body, e) or all of the above.

Cycling Studio // Virtual & Live Schedule Key:  = virtual class Gray highlight= live class














	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	 sprint 30	 sprint 30		 RPM 30	 sprint 30	
5:35 a.m.	 RPM 50	 THE TRIP COMPETE 40	 THE TRIP COMPETE Rachael	 THE TRIP COMPETE 40	 THE TRIP COMPETE 40	
7:15 a.m.	 THE TRIP COMPETE 40	 sprint 30	 sprint 30	 sprint 30	 THE TRIP COMPETE 40	 sprint 30 8:05 a.m.

8:30 a.m.	LES MILLS THE TRIP COMPETE Josh	LES MILLS <i>sprint</i> 30	LES MILLS THE TRIP COMPETE Josh	LES MILLS <i>sprint</i> 30	LES MILLS THE TRIP COMPETE	LES MILLS <i>sprint</i> 30
9:45 a.m.	LES MILLS <i>sprint</i> 30	LES MILLS THE TRIP COMPETE 40	LES MILLS <i>sprint</i> 30	LES MILLS THE TRIP COMPETE 40	LES MILLS <i>sprint</i> 30	LES MILLS THE TRIP COMPETE 9:15 a.m. - Rachael
10:15 a.m.			LES MILLS <i>RPM</i> 50		LES MILLS <i>RPM</i> 50	LES MILLS <i>RPM</i> 50
Noon	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE	LES MILLS <i>RPM</i> 50	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE Rachael	LES MILLS <i>sprint</i> 30 LES MILLS <i>RPM</i> 30
4:30 p.m.	LES MILLS THE TRIP COMPETE Linda	LES MILLS <i>RPM</i> 50	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE 40	LES MILLS <i>RPM</i> 50	
5:30 p.m.	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE Ron	LES MILLS THE TRIP COMPETE Mercedes	LES MILLS THE TRIP COMPETE Linda	LES MILLS THE TRIP COMPETE 40	
6:30 p.m.	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE 40	LES MILLS THE TRIP COMPETE 40	LES MILLS <i>sprint</i> 30		



Virtual & Live / 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					
9:30 AM	<p>Gentle Yoga</p> <p>Kathy</p>	<p>Active Yoga</p> <p>Terri</p>	<p>Gentle Yoga</p> <p>Kathy</p>	<p>Active Yoga</p> <p>Terri</p>	<p>Gentle Yoga</p> <p>Kathy</p>
10:45 AM	<p>Mat Pilates</p> <p>Kathy</p>		<p>Mat Pilates</p> <p>Kathy</p>		<p>Mat Pilates</p> <p>Kathy</p>
12 PM					
12:30 PM		 (flexibility)			 (flexibility)
4:30 PM			 4PM		
5:00 PM					
5:30 PM	<p>Yin Yoga / Restorative</p> <p>Kathy</p>		 5:45pm		