





Studio 1 // GROUP FITNESS SCHEDULE – Studio 1
































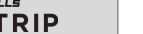




























	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	LES MILLS BODYPUMP® Mary	LES MILLS BODYCOMBAT® Rachael			LES MILLS BODYPUMP® Madeline	
8:15 a.m.		LES MILLS BODYPUMP® Rebekah		LES MILLS BODYPUMP® Mike		
8:30 a.m.	ACTIVE LIVING Janet		ACTIVE LIVING Velvet			
9:05 a.m.						LES MILLS BODYPUMP® 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		

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
9:00 a.m.		ACTIVE LIVING Janet		ACTIVE LIVING Janet		
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		
10:10 a.m.						LES MILLS BODYBALANCE Velvet
11:30 a.m.			LesMills CORE Kalee		LesMills CORE Jane / Velvet	
Noon			LES MILLS BODYBALANCE Kalee		LES MILLS BODYBALANCE 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					

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













	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	 	 		 	 	
5:35 a.m.	 	 	  Rachael	 	 	
7:15 a.m.	 	 	 	 	 	  8:05 a.m.
8:30 a.m.	  Josh	 	  Josh	 	 	 
9:45 a.m.	 	 	 	 	 	  9:15 a.m. - Rachael
10:15 a.m.			 		 	 

Noon	LESMILLS THE TRIP COMPETE 40	LESMILLS THE TRIP COMPETE	LESMILLS RPM 50	LESMILLS THE TRIP COMPETE 40	LESMILLS THE TRIP COMPETE Rachael	LESMILLS sprint 30 LESMILLS RPM 30
4:30 p.m.	LESMILLS THE TRIP COMPETE Linda	LESMILLS RPM 50	LESMILLS THE TRIP COMPETE 40	LESMILLS THE TRIP COMPETE 40	LESMILLS RPM 50	
5:30 p.m.	LESMILLS THE TRIP COMPETE 40	LESMILLS THE TRIP COMPETE Ron	LESMILLS THE TRIP COMPETE Mercedes	LESMILLS THE TRIP COMPETE Linda	LESMILLS THE TRIP COMPETE 40	
6:30 p.m.	LESMILLS THE TRIP COMPETE 40	LESMILLS THE TRIP COMPETE 40	LESMILLS THE TRIP COMPETE 40	LESMILLS sprint 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	LESMILLS THE TRIP COMPETE				LESMILLS 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 PM	 THE TRIP <small>COMPETE</small>	 LES MILLS BODYPUMP®		 THE TRIP <small>COMPETE</small>	 LES MILLS BODYPUMP®
12:30 PM		 LES MILLS BODYBALANCE (flexibility)			  LES MILLS BODYBALANCE (flexibility)
4:30 PM	 THE TRIP <small>COMPETE</small>		 LES MILLS BODYBALANCE 4PM	 LES MILLS BODYPUMP®	
5:00 PM		 LES MILLS BODYPUMP®			
5:30 PM	Yin Yoga / Restorative Kathy		 LES MILLS BODYCOMBAT® 5:45pm		