Studio 1 // GX North Schedule - July

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	LESMILLS BODYPUMP® Mary	LESMILLS BODYCOMBAT® Rachael			LESMILLS BODYPUMP® Madeline	
8:15 a.m.		LESMILLS BODYPUMP® Rebekah		LESMILLS BODYPUMP® Mike		
8:30 a.m.	ACTIVELIVING Janet		ACTIVELIVING Velvet			
9:05 a.m.						LESMILLS BODYPUMP® MJ/Sarah/Seth
9:30a.m		Lesmills BODYBALANCE				
•		Rebekah				
11:30 a.m.	LESMILLS BODYSTEP® Ramie			BODYSTEP® Maddy		
Noon	LESMILLS BODYPUMP® Mike & Shawn	BODYSTEP® Maddy & Johnny	LESMILLS BODYCOMBAT® Ramie & Rachael	LESMILLS BODYPUMP® Sarah & Rachael		
4:30 p.m.	LESMILLS BODYJAM® Rachael		LESMILLS BODYPUMP® Jared & Madeline		LESMILLS BODYPUMP® Jared / Joseph	
5:35 p.m.	LESMILLS BODYPUMP® Joseph & Seth	LESMILLS BODYSTEP® Seth		LESMILLS BODYCOMBAT® Ramie / Mercedes		

Studio 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.			Les Mills CORE Rachael			
8:30 a.m.	Lesmills BODYBALANCE Janae					Les Mills CORE Rachael
9:00 a.m.		ACTIVELIVING Janet		ACTIVELIVING Janet		
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		10:10 am Lesmills BODYBALANCE Velvet
11:30 am			Les Mills CORE Kalee		Les Mills CORE Jane	
Noon			BODYBALANCE Kalee		Lesmills BODYBALANCE Velvet	

2:00 & 3:00 p.m.	Parkinson's Power moves Susan	Parkinson Power moves Susan	Parkinson's Power moves Susan	
5:30 p.m.	Rebekah			

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 Schedule --- NORTH

Key: • = virtual class Gray highlight = live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	Osprint ₃₀	OSPRINT 30		O RPM 30	Osprint ₃₀	
5:30 a.m.	PRPM 50	THE TRIP COMPETE 40	THE TRIP COMPETE Rachael	O RPM 50	THE TRIP COMPETE 40	
7:15 a.m.	THE TRIP COMPETE 40	Sprint ₃₀	OSPRINT ₃₀	Sprint ₃₀	THE TRIP COMPETE 40	Sprint ₃₀ 8:05 a.m.
8:30 a.m.	LESMILLS RPM Josh	Sprint 30	THE TRIP COMPETE JOSh	Osprint ₃₀	OTHE TRIP 40	Osprint ₃₀
9:45 a.m.	Sprint ₃₀	THE TRIP COMPETE 40	Osprint ₃₀	THE TRIP COMPETE 40	Sprint ₃₀	THE TRIP COMPETE 9:15 a.m Rachael
10:15 a.m.	THE TRIP		ESMILLS RPM 50		PRPM 50	RPM Express 10:10 a.m. Rachael
Noon	Sprint ₃₀ LESMILLS RPM 50	RPM Express 30 Leslie	Sprint ₃₀ Lesmills RPM 30	RPM Express 30 Crystal	THE TRIP COMPETE Rachael	Sprint ₃₀ LESMILLS RPM 30
4:30 p.m.	THE TRIP COMPETE Linda	Sprint ₃₀	O THE TRIP	THE TRIP COMPETE 40	O RPM 50	
5:30 p.m.	RPM Express 5:35 p.m. Rachael	THE TRIP COMPETE Ron	LESMILLS RPM Leslie	THE TRIP COMPETE Linda	THE TRIP COMPETE 40	
6:30 p.m.	THE TRIP COMPETE 40	THE TRIP COMPETE 40	THE TRIP COMPETE 40	Sprint ₃₀	PRPM 50	
8:00 p.m.	Osprint ₃₀	PRPM 30	⊙ sprint ₃₀	O RPM 30		

HENDRICK - **SOUTH** / Virtual & Live / Group Fitness Schedule

Key: ⊙ = **Virtual Class Gray Highlight** = **Live Class**

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 AM	Widhuay	Chair Yoga Kathy	weunesday	Chair Yoga Kathy	Tituay
8:30 AM	OTHE TRIP				THE TRIP
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 – 12:30pm	THE TRIP COMPETE	DESMILLS BODYPUMP® and 12:30pm ■ Lesmills BODYBALANCE		THE TRIP COMPETE	DESMILLS BODYPUMP® and 12:30pm LESMILLS BODYBALANCE
4:30 PM	THE TRIP		4pm© Lesmills BODYBALANCE	OBODYPUMP®	
5:00 PM		OBODYPUMP®			
5:30 PM	Yin Yoga / Restorative Kathy		DESMILLS BODYCOMBAT® 5:45PM		

