





Studio 1 // GX North Schedule – *July*

	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
9:30a.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® 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	
5:35 p.m.	LES MILLS BODYPUMP® Joseph & Seth	LES MILLS BODYSTEP® Seth		LES MILLS BODYCOMBAT® Ramie / Mercedes		

Studio 2














































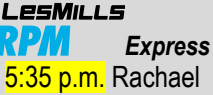













	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.			Les Mills CORE Rachael			
8:30 a.m.	LES MILLS BODYBALANCE Janae					Les Mills CORE Rachael
9:00 a.m.		ACTIVE LIVING Janet		ACTIVE LIVING Janet		
10:00 a.m.		Gentle Yoga Kathy		Gentle Yoga Kathy		10:10 am LES MILLS BODYBALANCE Velvet
11:30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




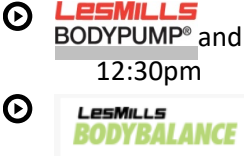

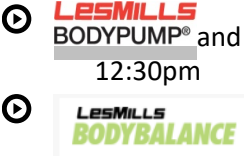




Cycling Cinema // Virtual & LIVE Schedule -- NORTH

Key: 🎥 = virtual class Gray highlight= live class

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	🎥  30	🎥  30		🎥  30	🎥  30	
5:30 a.m.	🎥  50	🎥  40	 Rachael	🎥  50	🎥  40	
7:15 a.m.	🎥  40	🎥  30	🎥  30	🎥  30	🎥  40	🎥  30 8:05 a.m.
8:30 a.m.	 50 Josh	🎥  30	 Josh	🎥  30	🎥  40	🎥  30
9:45 a.m.	🎥  30	🎥  40	🎥  30	🎥  40	🎥  30	 9:15 a.m.- Rachael
10:15 a.m.	🎥  40		🎥  50		🎥  50	 10:10 a.m. Rachael
Noon	🎥  30 🎥  50	 Leslie	🎥  30 🎥  30	 Crystal	 Rachael	🎥  30 🎥  30
4:30 p.m.	 Linda	🎥  30	🎥  40	🎥  40	🎥  50	
5:30 p.m.	 5:35 p.m. Rachael	 Ron	 Leslie	 Linda	🎥  40	
6:30 p.m.	🎥  40	🎥  40	🎥  40	🎥  30	🎥  50	
8:00 p.m.	🎥  30	🎥  30	🎥  30	🎥  30		

HENDRICK - SOUTH / 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	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					
4:30 PM					
5:00 PM					
5:30 PM	Yin Yoga / Restorative Kathy		