

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS BODYPUMP 5:30 AM Leslie	LES MILLS BODYCOMBAT 5:30 AM Rachael	LES MILLS CORE 5 AM Rachael	CHAIR YOGA 8:15 AM Kathy	LES MILLS BODYPUMP 5:30 AM Madeline	LES MILLS CORE 8:30 AM Rachael
ACTIVE LIVING 8:30 AM Janet	LES MILLS BODYPUMP 8:15 AM Rebekah	LES MILLS THE TRIP 5:35 AM Rachael	LES MILLS BODYPUMP 8:15 AM Mike	LES MILLS THE TRIP 8:15 AM Leslie	LES MILLS BODYPUMP 9 AM Madeline
LES MILLS BODYBALANCE 8:30 AM Janae	CHAIR YOGA 8:15 AM Kathy	ACTIVE LIVING 8:30 AM Leslie	ACTIVE LIVING 9 AM Janet	ACTIVE LIVING 9:15 AM Leslie	LES MILLS THE TRIP 9:15 AM Rachael
LES MILLS THE TRIP 8:30 AM Josh	ACTIVE LIVING 9 AM Janet	LES MILLS THE TRIP 8:30 AM Josh	ACTIVE YOGA 9:30 AM Terri	GENTLE YOGA 9:30 AM Kathy	LES MILLS BODYJAM 10:15 AM Rachael
GENTLE YOGA 9:30 AM Kathy	ACTIVE YOGA 9:30 AM Terri	GENTLE YOGA 9:30 AM Kathy	GENTLE YOGA 10 AM Kathy	MAT PILATES 10:45 AM Kathy	LES MILLS BODYBALANCE 11:10 AM Leslie
MAT PILATES 10:45 AM Kathy	LES MILLS BODYBALANCE 9:30 AM Rebekah	MAT PILATES 10:45 AM Kathy	LES MILLS BODYSTEP 11:30 AM (30 min) Maddy/Johnny	LES MILLS CORE 11:30 AM Velvet/Mary	
LES MILLS BODYSTEP 11:30 AM (30 min) Ramie	GENTLE YOGA 10 AM Kathy	LES MILLS CORE 11:30 AM Kalee	LES MILLS BODYPUMP NOON Sarah & Rachael	LES MILLS BODYBALANCE NOON Velvet	
LES MILLS BODYPUMP NOON Mike & Shawn	LES MILLS BODYSTEP NOON Maddy & Johnny	LES MILLS BODYBALANCE NOON Kalee	LES MILLS THE TRIP 5:30 PM Linda	LES MILLS THE TRIP NOON Rachael	
 Parkinsons' Power Moves 2 pm & 3 pm Susan	LES MILLS THE TRIP 5:30 PM Ron	LES MILLS BODYCOMBAT NOON Ramie & Rachael	LES MILLS BODYCOMBAT 5:35 PM Ramie	 Parkinsons' Power Moves 2 pm & 3 pm Susan	HENDRICK HEALTH CLUB Abilene's Only Fitness After 40 Specialists
LES MILLS BODYJAM 4:30 PM Rachael & Mary	LES MILLS BODYSTEP 5:35 PM Seth	 Parkinsons' Power Moves 2 pm & 3 pm Susan		LES MILLS BODYPUMP 4:30 PM Jared & Joseph	
LES MILLS THE TRIP 4:30 PM Linda		LES MILLS BODYPUMP 4:30 PM Jared & Madeline			
LES MILLS BODYBALANCE 5:30 PM Rebekah		LES MILLS THE TRIP 5:30 PM Leslie			
YIN YOGA/ RESTORATIVE 5:30 PM Kathy					
LES MILLS BODYPUMP 5:35 PM Joseph & Seth					

LOCATIONS

STUDIO 1

STUDIO 2

CYCLE

SOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS sprint 5 AM 30 minutes	LES MILLS sprint 5 AM 30 minutes		LES MILLS RPM 5 AM 30 minutes	LES MILLS sprint 5 AM 30 minutes	
LES MILLS RPM 5:35 AM 50 minutes	LES MILLS THE TRIP 5:35 AM 40 minutes		LES MILLS THE TRIP 5:35 AM 40 minutes	LES MILLS THE TRIP 5:30 AM 40 minutes	LES MILLS sprint 8:05 AM 30 minutes
LES MILLS THE TRIP 7:15 AM 40 minutes	LES MILLS sprint 7:15 AM 30 minutes	LES MILLS sprint 7:15 AM 30 minutes	LES MILLS sprint 7:15 AM 30 minutes	LES MILLS THE TRIP 7:15 AM 40 minutes	LES MILLS sprint 8:30 AM 30 minutes
LES MILLS THE TRIP 8:30 AM 40 minutes	LES MILLS sprint 8:30 AM 30 minutes	LES MILLS sprint 9:45 AM 30 minutes	LES MILLS sprint 8:30 AM 30 minutes	LES MILLS RPM 8:30 AM Express 30 minutes	LES MILLS sprint NOON 30 minutes
LES MILLS sprint 9:45 AM 30 minutes	LES MILLS THE TRIP 9:45 AM 30 minutes	LES MILLS RPM 10:15 AM 50 minutes	LES MILLS THE TRIP 9:45 AM 30 minutes	LES MILLS THE TRIP 8:30 AM 30 minutes	LES MILLS RPM 12:30 PM 30 minutes
LES MILLS THE TRIP 10:15 AM 40 minutes	LES MILLS BODYPUMP NOON 30 minutes	LES MILLS RPM NOON 50 minutes	LES MILLS THE TRIP NOON Express	LES MILLS sprint 9:45 AM 30 minutes	
LES MILLS THE TRIP NOON 40 minutes	LES MILLS BODYBALANCE 12:30 PM 30 minutes	LES MILLS BODYBALANCE 4 PM	LES MILLS THE TRIP NOON 40 minutes	LES MILLS RPM 10:15 AM 50 minutes	
LES MILLS THE TRIP NOON 40 minutes	LES MILLS sprint 4:30 PM 30 minutes	LES MILLS RPM 4:30 PM Express 30 minutes	LES MILLS THE TRIP 4:30 PM 40 minutes	LES MILLS BODYPUMP NOON 30 minutes	
LES MILLS THE TRIP 4:30 PM 40 minutes	LES MILLS BODYPUMP 5 PM	LES MILLS BODYCOMBAT 5:45 PM	LES MILLS BODYPUMP 4:30 PM	LES MILLS BODYBALANCE 12:30 PM 30 minutes	
LES MILLS RPM Express 5:30 PM	LES MILLS THE TRIP 6:30 PM 40 minutes	LES MILLS THE TRIP 6:30 PM 40 minutes	LES MILLS sprint 6:30 PM 30 minutes	LES MILLS RPM 4:30 PM 50 minutes	
LES MILLS THE TRIP 6:30 PM 40 minutes			LES MILLS THE TRIP 6:30 PM 30 minutes	LES MILLS THE TRIP 5:30 PM 40 minutes	
LES MILLS sprint 8 PM 30 minutes		LES MILLS sprint 8 PM 30 minutes	LES MILLS RPM 8 PM 30 minutes	LES MILLS RPM 6:30 PM 50 minutes	

**HENDRICK
HEALTHCLUB**
Abilene's Only Fitness After 40 Specialists

LOCATIONS

CYCLE

SOUTH

CLASSES
TAUGHT BY
VIRTUAL
INSTRUCTOR