

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

LOCATIONS

- STUDIO 1
- STUDIO 2
- CYCLE
- SOUTH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LES MILLS

sprint

5 AM

30 minutes

LES MILLS

RPM

5:35 AM

50 minutes

LES MILLS

THE TRIP

7:15 AM

40 minutes

LES MILLS

THE TRIP

8:30 AM

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LES MILLS

sprint

9:45 AM

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THE TRIP

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HENDRICK

HEALTHCLUB

Abilene's Only Fitness After 40 Specialists

LOCATIONS

CYCLE

SOUTH



CLASSES

TAUGHT BY

VIRTUAL

INSTRUCTOR