

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LES MILLS
BODYPUMP
5:30 AM
Mary

ACTIVELIVING
8:30 AM
Janet

LES MILLS
BODYBALANCE
8:30 AM
Janae


LES MILLS
THE TRIP
8:30 AM
Josh

GENTLE YOGA
9:30 AM
Kathy

MAT PILATES
10:45 AM
Kathy

LES MILLS
BODYSTEP
11:30 AM (30 min)
Ramie

LES MILLS
BODYPUMP
NOON
Mike & Sarah


Parkinson's Power Moves
2 PM & 3 PM
Susan

LES MILLS
BODYPUMP
HEAVY
4:30 PM
Rachael

LES MILLS
THE TRIP
4:30 PM
Linda

LES MILLS
BODYBALANCE
5:30 PM
Rebekah

YIN YOGA/
RESTORATIVE
5:30 PM
Kathy

LES MILLS
BODYPUMP
5:35 PM
Joseph & Seth

LES MILLS
BODYCOMBAT
5:30 AM
Rachael

LES MILLS
BODYPUMP
8:15 AM
Rebekah

CHAIR YOGA
8:15 AM
Kathy

ACTIVELIVING
9 AM
Janet

ACTIVE YOGA
9:30 AM
Terri

LES MILLS
BODYBALANCE
9:30 AM
Rebekah

GENTLE YOGA
10 AM
Kathy

LES MILLS
BODYSTEP
NOON
Maddy & Johnny

LES MILLS
THRIVE
NOON
Emory

LES MILLS
THRIVE
4:30 PM
Janet

LES MILLS
THE TRIP
5:30 PM
Ron

LES MILLS
BODYSTEP
5:35 PM
Seth

LES MILLS
CORE
5 AM
Rachael

LES MILLS
THE TRIP
5:35 AM
Rachael

LES MILLS
BODYPUMP
HEAVY
8:30 AM
Shawn

LES MILLS
THRIVE
8:30 AM
Leslie

LES MILLS
THE TRIP
8:30 AM
Josh


GENTLE YOGA
9:30 AM
Kathy

MAT PILATES
10:45 AM
Kathy

LES MILLS
CORE
11:30 AM
Kalee

LES MILLS
BODYBALANCE
NOON
Kalee

LES MILLS
BODYCOMBAT
NOON
Ramie


Parkinson's Power Moves
2 pm & 3 pm
Susan

LES MILLS
THE TRIP
4:30 PM
Karissa

LES MILLS
THRIVE
4:30 PM
Velvet

LES MILLS
BODYPUMP
4:30 PM
Madeline & Mary

LES MILLS
BODYPUMP
HEAVY
5:35 PM
Jared & Karissa

CHAIR YOGA
8:15 AM
Kathy

LES MILLS
BODYPUMP
8:15 AM
Mike

ACTIVELIVING
9 AM
Janet

ACTIVE YOGA
9:30 AM
Terri

GENTLE YOGA
10 AM
Kathy

LES MILLS
BODYSTEP
11:30 AM (30 min)
Maddy/Johnny

LES MILLS
BODYPUMP
NOON
Sarah & Rachael

LES MILLS
THE TRIP
5:30 PM
Linda

LES MILLS
BODYCOMBAT
5:35 PM
Ramie

LES MILLS
BODYPUMP
5:30 AM
Madeline

LES MILLS
THE TRIP
8:15 AM
Leslie

LES MILLS
THRIVE
9:15 AM
Leslie


GENTLE YOGA
9:30 AM
Kathy

MAT PILATES
10:45 AM
Kathy

LES MILLS
CORE
11:30 AM
Velvet/Jane

LES MILLS
BODYBALANCE
NOON
Velvet

LES MILLS
THE TRIP
NOON
Rachael


Parkinson's Power Moves
2 pm & 3 pm
Susan

LES MILLS
BODYPUMP
4:30 PM
Jared & Joseph

LES MILLS
CORE
8:30 AM
Rachael

LES MILLS
BODYPUMP
9 AM
Karissa

LES MILLS
BODYBALANCE
9:30 AM
Rotating team

LES MILLS
THE TRIP
9:15 AM
Rachael

LES MILLS
BODYPUMP
HEAVY
10:15 AM
Rachael & Mary

HENDRICK
HEALTH CLUB
Abilene's Only Fitness After 40 Specialists

LOCATIONS

STUDIO 1

STUDIO 2

CYCLE

SOUTH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LES MILLS
sprint
5:05 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
40 minutes

LES MILLS
sprint
9:45 AM
30 minutes

LES MILLS
THE TRIP
10:15 AM
40 minutes

LES MILLS
THE TRIP
NOON
40 minutes

LES MILLS
THE TRIP
NOON
40 minutes

LES MILLS
THE TRIP
4:30 PM
40 minutes

LES MILLS
RPM
Express
5:35 PM

LES MILLS
THE TRIP
6:30 PM
40 minutes

LES MILLS
sprint
8 PM
30 minutes

LES MILLS
sprint
5:05 AM
30 minutes

LES MILLS
THE TRIP
5:35 AM
40 minutes

LES MILLS
sprint
7:15 AM
30 minutes

LES MILLS
sprint
8:30 AM
30 minutes

LES MILLS
THE TRIP
9:45 AM
30 minutes

LES MILLS
BODYPUMP
NOON
30 minutes

LES MILLS
THE TRIP
NOON
40 minutes

LES MILLS
BODYBALANCE
12:30 PM
30 minutes

LES MILLS
sprint
4:30 PM
30 minutes

LES MILLS
BODYPUMP
5 PM

LES MILLS
THE TRIP
6:30 PM
40 minutes

LES MILLS
RPM
8 PM
30 minutes

LES MILLS
sprint
7:15 AM
30 minutes

LES MILLS
sprint
9:45 AM
30 minutes

LES MILLS
sprint
10:15 AM
50 minutes

LES MILLS
RPM
NOON
50 minutes

LES MILLS
BODYBALANCE
4 PM

LES MILLS
THE TRIP
5:30 PM
40 minutes

LES MILLS
BODYCOMBAT
5:45 PM

LES MILLS
THE TRIP
6:30 PM
40 minutes

LES MILLS
sprint
8 PM
30 minutes

LES MILLS
RPM
5:05 AM
30 minutes

LES MILLS
THE TRIP
5:35 AM
40 minutes

LES MILLS
sprint
7:15 AM
30 minutes

LES MILLS
sprint
8:30 AM
30 minutes

LES MILLS
THE TRIP
9:45 AM
30 minutes

LES MILLS
THE TRIP
NOON

LES MILLS
THE TRIP
NOON
40 minutes

LES MILLS
THE TRIP
4:30 PM
40 minutes

LES MILLS
BODYPUMP
4:30 PM

LES MILLS
sprint
6:30 PM
30 minutes

LES MILLS
RPM
8 PM
30 minutes

LES MILLS
sprint
5:05 AM
30 minutes

LES MILLS
THE TRIP
5:30 AM
40 minutes

LES MILLS
THE TRIP
7:15 AM
40 minutes

LES MILLS
THE TRIP
8:30 AM
30 minutes

LES MILLS
sprint
9:45 AM
30 minutes

LES MILLS
RPM
10:15 AM
50 minutes

LES MILLS
BODYPUMP
NOON
30 minutes

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BODYBALANCE
12:30 PM
30 minutes

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THE TRIP
5:30 PM
40 minutes

LES MILLS
RPM
6:30 PM
50 minutes

LES MILLS
sprint
8:05 AM
30 minutes

LES MILLS
sprint
8:30 AM
30 minutes

LES MILLS
BODYBALANCE
10 AM
30 minutes

LES MILLS
sprint
NOON
30 minutes

LES MILLS
RPM
12:30 PM
30 minutes

HENDRICK HEALTH CLUB
Abilene's Only Fitness After 40 Specialists

LOCATIONS

CYCLE

SOUTH



CLASSES TAUGHT BY VIRTUAL INSTRUCTOR