

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LES MILLS BODYPUMP 5:30 AM Mary ACTIVE LIVING 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 (30 min) 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 Lauren 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 HEAVY 8:15 AM Rachael & Jared CHAIR YOGA 8:15 AM Kathy ACTIVE LIVING 9:15 AM Janet ACTIVE YOGA 9:30 AM Terri GENTLE YOGA 10:15 AM Kathy LES MILLS BODYSTEP NOON Maddy & Johnny LES MILLS THRIVE 4:30 PM Janet LES MILLS THE TRIP 5:30 PM Ron LES MILLS BODYSTEP 5:35 PM Seth	LES MILLS THE TRIP 5:30 AM Rachael LES MILLS THRIVE 8:30 AM Leslie LES MILLS THE TRIP 8:30 AM Josh GENTLE YOGA 9:30 AM Kathy LES MILLS BODYBALANCE 9:30 AM JANA E MAT PILATES 10:45 AM (30 min) 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 Janet LES MILLS THRIVE 4:30 PM Velvet LES MILLS BODYPUMP 4:30 PM Madeline & Mary LES MILLS THRIVE 5:35 PM Jane & Emory LES MILLS BODYPUMP HEAVY 5:35 PM Jared & Seth	CHAIR YOGA 8:15 AM Kathy LES MILLS BODYPUMP 8:15 AM Mike ACTIVE LIVING 9:15 AM Janet ACTIVE YOGA 9:30 AM Terri GENTLE YOGA 10:15 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 (30 min) Kathy LES MILLS CORE 11:30 AM Velvet/Jane LES MILLS BODYBALANCE NOON Velvet  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

SATURDAY

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

HENDRICK HEALTH CLUB
Abilene's Only Fitness After 40 Specialists

LOCATIONS

CYCLE

SOUTH

CLASSES
TAUGHT BY
VIRTUAL
INSTRUCTOR