

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GGX ROOM	5:15am	LES MILLS GRIT Cardio - 30 Minutes		LES MILLS BODYFLOW 45 Minutes	LES MILLS BODYPUMP 45 Minutes	LES MILLS GRIT Athletic - 30 Minutes		
	6:05am	LES MILLS BODYCOMBAT 1 hour		LES MILLS BODYPUMP 1 hour		LES MILLS BODYCOMBAT 1 hour		
	7:10am	barre	LES MILLS GRIT	LES MILLS CORE	LES MILLS GRIT	barre	LES MILLS BODYPUMP	LES MILLS CORE
	7:30am	7:30am - 30 Minutes	7:30am - Athletic- 30 Min	7:30am - 30 Minutes	7:30am - Strength- 30 Min	7:30am - 30 Minutes	7:10am - 45 Minutes	7:30am - 30 Minutes
	8:15am	8:15am 30-Minute Intro LES MILLS BODYPUMP	LES MILLS BODYPUMP 8:15am - 45 Minutes	LES MILLS BODYFLOW 8:15am - 45 Minutes	LES MILLS BODYPUMP 8:15am - 45 Minutes	LES MILLS BODYPUMP 9:15am - 45 Minutes	LES MILLS CORE 8:15am - 30 Minutes	8:15am 30-Minute Intro LES MILLS BODYPUMP
	9:15am		LES MILLS BODYCOMBAT 45 Minutes		LES MILLS GRIT Athletic - 30 Minutes			LES MILLS BODYCOMBAT 45 Minutes
	10:35am						barre 30 Minutes	
	11:35am						LES MILLS GRIT	
	12:05pm	12:30pm -30 Minute Intro LES MILLS BODYPUMP	LES MILLS BODYPUMP 12:05pm - 45 Min	LES MILLS SH'BAM 12:30pm - 45 Minute	LES MILLS BODYPUMP 12:05pm - 45 Min	LES MILLS CORE 12:30pm - 30 Minutes	12:05pm - Athletic- 30 Min	
	12:30pm		barre 30 Minutes		LES MILLS SH'BAM 45 Minutes		30-Minute Intro LES MILLS BODYPUMP	LES MILLS GRIT Cardio - 30 Minutes
	2:00pm	LES MILLS GRIT Cardio - 30 Minutes	LES MILLS SH'BAM 45 Minutes	LES MILLS BODYCOMBAT 45 Minutes	barre 30 Minutes	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS CLASSES Learn all about the Les Mills virtual programs by visiting www.lesmills.com	
	3:00pm	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS SH'BAM 45 Minutes	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS GRIT 4:30pm - Athletic- 30 Min	LES MILLS GRIT 4:30pm - Strength- 30 Min		
	4:30pm	LES MILLS CORE GRIT	LES MILLS BODYFLOW 4:30pm - 45 Minutes	LES MILLS BODYPUMP 4:30pm - 45 Minutes	LES MILLS GRIT 4:30pm - Athletic- 30 Min	LES MILLS GRIT 4:30pm - Strength- 30 Min		
	5:30pm	4:30pm Athletic 5:30pm	LES MILLS BODYCOMBAT 8:45pm - 45 Minutes	LES MILLS SH'BAM 7:45pm - 45 Minutes	barre 8:45pm - 30 Minutes	LES MILLS BODYFLOW 7:45pm - 45 Minutes		
7:45pm	barre 8:45pm - 30 Minutes							
8:45pm								
CYCLE STUDIO	5:15am	LES MILLS THE TRIP	LES MILLS RPM 45 Minutes	LES MILLS THE TRIP	LES MILLS Sprint 30 Minutes	LES MILLS THE TRIP		
	8:00am	LES MILLS RPM 45 Minutes	LES MILLS THE TRIP	LES MILLS RPM 45 Minutes	LES MILLS THE TRIP	LES MILLS RPM 45 Minutes		LES MILLS THE TRIP
	9:30am		LES MILLS Sprint 30 Minutes		LES MILLS Sprint 30 Minutes			
	10:35am	LES MILLS Sprint 30 Minutes						LES MILLS Sprint 30 Minutes
	12:00pm	LES MILLS THE TRIP	LES MILLS RPM 45 Minutes		LES MILLS RPM 45 Minutes	LES MILLS Sprint 30 Minutes	LES MILLS THE TRIP	LES MILLS THE TRIP
	4:30pm			LES MILLS RPM 45 Minutes	LES MILLS Sprint 30 Minutes	LES MILLS THE TRIP	LES MILLS RPM 45 Minutes	LES MILLS THE TRIP
	6:35pm					LES MILLS Sprint 30 minutes	Advance sign-up not required. PLEASE BRING TOWEL AND WATER BOTTLE SNEAKERS OR CYCLE SHOES MAY BE WORN.	
	7:35pm		LES MILLS Sprint 30 Minutes		LES MILLS THE TRIP	LES MILLS RPM 45 Minutes		
8:30pm	LES MILLS THE TRIP		LES MILLS THE TRIP					



	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
GGX ROOM	5:30am		LES MILLS BODYPUMP Katherine - 45min						
	8:45am								
	9:00am	LES MILLS BODYPUMP 9:30am Iris-45min	9:00am Joseph - 45 min ZUMBA	LES MILLS BODYPUMP 9:30am Adrienne-45min	9:00am Dawn - 45 min ZUMBA		9:00am Joseph - 45 min ZUMBA	LES MILLS BODYPUMP 9:30am Evelyn - 45min	
	10:35am	LES MILLS BODYCOMBAT Jenn - 45min		LES MILLS CORE Adrienne - 30min		LES MILLS BODYFLOW Jodi	LES MILLS BODYATTACK Nidia		
	11:35am	 11:35am Classic - Gillian		 11:35am Classic - Terri		 11:35am Classic - Jodi			
	12:05pm							 Rocio	
	4:30pm								
	5:30pm		LES MILLS BODYPUMP 5:30pm Adrienne - 45min	ZUMBA 5:30pm - Dawn 45 min	LES MILLS BODYPUMP 5:30pm Fran - 45min	LES MILLS BODYPUMP 5:45pm Katherine-45 min	LES MILLS CLASSES Class descriptions for all of the Les Mills programs can be found at www.LesMills.com		
	5:45pm								
	6:35pm	LES MILLS BODYPUMP Fran - 45min	LES MILLS CORE Tiziana - 30min	LES MILLS BODYPUMP Katherine - 45min	ZUMBA Mickey - 45min	LES MILLS CORE Katherine - 30min			
7:15pm	LES MILLS BODYFLOW 7:40pm - Casey	ZUMBA 7:15pm Danny - 45min							
7:40pm									
CYCLE STUDIO	8:00am						LES MILLS RPM Jenn - 45 min		
	9:00am	LES MILLS THE TRIP 9:30am - Gianni		LES MILLS THE TRIP 9:30am - Terri		LES MILLS THE TRIP 9:30am - Jodi	LES MILLS THE TRIP 9:00 am - Danielle	LES MILLS THE TRIP 9:30am - Adrienne	
	9:30am								
	10:30am		LES MILLS THE TRIP Iris		LES MILLS THE TRIP Adrienne		LES MILLS THE TRIP Angela		
	12:00pm			LES MILLS THE TRIP Jenn					
	4:30pm	LES MILLS THE TRIP Jenn	LES MILLS THE TRIP Adrienne						
	5:35pm		LES MILLS THE TRIP Tiziana		LES MILLS THE TRIP Christine	LES MILLS THE TRIP Lisa	RPM , SPRINT & TRIP CLASSES Cycles are available on a first-come-first-served basis. Advance sign-up not required. PLEASE BRING TOWEL AND WATER BOTTLE		
	6:30pm	LES MILLS THE TRIP Lisa		LES MILLS THE TRIP Christine					
7:35pm			LES MILLS THE TRIP Lisa						
YOGA STUDIO	9:00am	YOGA 1-2	YOGA 1				YOGA 1-2	Vin-Yin Yoga	
	9:30am	930am - Kim	9:30am - Jenn				9:00am - Jenn	9:30am - Nikki	
	10:45am	PILATES Kim - No charge			GENTLE Nikki		YOGA - ALL CLASSES Members: \$40/month EFT (unlimited) Walk-ins: \$5.00/class 10-Class Pass: \$45.00 (exp. 90 days) Guests: \$20/class.		
	5:30pm								
	6:15pm		YOGA 1 Anna		Yin Yoga Nikki				