

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GGX ROOM	5:30am		LES MILLS BODYPUMP Katherine		LES MILLS BODYCOMBAT Katherine			
	8:45am							
	9:00am 9:30am	LES MILLS BODYPUMP 9:30am - Iris - *45min	9:00am - Joseph ZUMBA	LES MILLS BODYPUMP 9:30am - Danielle B	9:00am - Dawn ZUMBA	LES MILLS BODYPUMP 9:30am - Adrienne	9:00am Joseph ZUMBA	LES MILLS BODYPUMP 9:30am - Evelyn
	10:35am	LES MILLS BODYCOMBAT Jen				LES MILLS BODYFLOW Jodi	LES MILLS BODYATTACK Nidia	LES MILLS CORE Adrienne - *30min
	11:35am	SilverSneakers Classic - Jen		SilverSneakers Classic - Terri		SilverSneakers Classic - Jodi		ZUMBA Joseph
	12:05pm							
	4:30pm							
	5:30pm 5:35pm	LES MILLS BODYCOMBAT 5:30pm - Elizabeth	LES MILLS BODYPUMP 5:30pm - Adrienne	ZUMBA 5:30pm - Dawn	LES MILLS BODYATTACK 5:30pm - David	LES MILLS BODYPUMP 5:35pm Katherine	LES MILLS CLASSES Class descriptions for all of the Les Mills programs can be found at www.LesMills.com	
	6:35pm	LES MILLS BODYPUMP Danielle B	LES MILLS CORE Tiziana - 30min	LES MILLS BODYPUMP Katherine	ZUMBA Mickey	LES MILLS CORE Katherine - *30min		
	7:15pm		ZUMBA Juan					
CYCLE STUDIO	8:00am						LES MILLS RPM Jen	
	9:00am 9:30am	LES MILLS THE TRIP 9:30am - Gianni		LES MILLS THE TRIP 9:30am - Iris		LES MILLS THE TRIP 9:30am - Jodi	LES MILLS THE TRIP 9:00 am - Danielle	LES MILLS THE TRIP 9:30am - Adrienne
	10:30am 10:35am		LES MILLS THE TRIP 10:30am - Iris	LES MILLS THE TRIP 10:35am - Terri	LES MILLS THE TRIP 10:30am - Adrienne		LES MILLS THE TRIP 10:30am - Angela	
	12:00pm							
	4:30pm	LES MILLS THE TRIP Jen		LES MILLS THE TRIP Jen				
	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. All cycle classes approx 50mins. PLEASE BRING TOWEL AND WATER BOTTLE	
	6:30pm	LES MILLS THE TRIP Lisa		LES MILLS THE TRIP Christine				
YOGA STUDIO	9:00am 9:30am	YOGA 1-2 9:30am - Mariah	YOGA 1 9:30am - Jen				YOGA 1-2 9:00am - Jen	YOGA 1-2 10:30am - Mariah
	10:30am				GENTLE Jen		YOGA - ALL CLASSES Members: \$40/month EFT (unlimited) Walk-ins: \$5.00/class 10-Class Pass: \$45.00 (exp. 90 days) Guests: \$20/class.	
	10:45am							
	5:30pm	YOGA 1 Lizzy						
	6:15pm		YOGA 1 Anna		Vinyasa + Yin Anna			

	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 GRIT Athletic - 30 Minutes		
	6:05am	LES MILLS BODYCOMBAT 1 hour		LES MILLS BODYPUMP 1 hour		LES MILLS BODYCOMBAT 1 hour		
	7:15am	LES MILLS barre 7:30am - 30 Min	LES MILLS GRIT 7:30am - Athletic- 30 Min	LES MILLS CORE 7:30am - 30 Min	LES MILLS GRIT 7:30am - Strength- 30 Min	LES MILLS barre 7:30am - 30 Min	LES MILLS BODYPUMP 7:15am - 45 Min	LES MILLS CORE 7:30am - 30 Min
	7:30am							
	8:15am	LES MILLS CORE 30 Minutes	LES MILLS BODYPUMP 45 Minutes	LES MILLS BODYFLOW 45 Minutes	LES MILLS BODYPUMP 45 Minutes		LES MILLS CORE 30 Minutes	LES MILLS BODYFLOW 45 Minutes
	10:35am		LES MILLS CORE 30 Minutes	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS GRIT Athletic - 30 Minutes			LES MILLS BODYCOMBAT 45 Minutes
	11:35am						LES MILLS barre 30 Minutes	
	12:05pm	LES MILLS BODYPUMP 12:35pm - 30 Minute	LES MILLS BODYPUMP 12:05pm - 45 Min	LES MILLS SH'BAM 12:35pm - 45 Minute	LES MILLS BODYPUMP 12:05pm - 45 Min	LES MILLS CORE 12:35pm - 30 Minutes	LES MILLS GRIT 12:05pm - Athletic-30 Min	
	12:35pm							
	2:00pm	LES MILLS GRIT Cardio - 30 Minutes	LES MILLS barre 30 Minutes	LES MILLS GRIT Strength - 30 Minutes	LES MILLS SH'BAM 45 Minutes	LES MILLS GRIT Athletic - 30 Minutes	LES MILLS BODYPUMP 45 Minutes	LES MILLS GRIT Cardio - 30 Minutes
	3:00pm	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS SH'BAM 45 Minutes	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS barre 30 Minutes	LES MILLS BODYCOMBAT 45 Minutes	LES MILLS VIRTUAL CLASSES Held in our spacious rooms with state of the art audio, video and equipment Learn all about the Les Mills virtual programs by visiting www.lesmills.com	
	4:30pm	LES MILLS CORE 30 Minutes	LES MILLS BODYFLOW 45 Minutes	LES MILLS BODYPUMP 45 Minutes	LES MILLS GRIT Athletic- 30 Min	LES MILLS GRIT Strength- 30 Min		
7:45pm	LES MILLS BODYFLOW barre 7:45pm - 8:45pm	LES MILLS BODYCOMBAT 8:45pm - 45 Minutes	LES MILLS SH'BAM 7:45pm - 45 Minutes	LES MILLS barre 8:45pm - 30 Minutes	LES MILLS BODYFLOW 7:45pm - 45 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 THE TRIP	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 THE TRIP	LES MILLS RPM 45 Minutes		
8:30pm	LES MILLS THE TRIP		LES MILLS THE TRIP					

