



Effective 8 August, 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00	ZUMBA (8:15)	ZUMBA (8:15)	STRONG (8:15)	ZUMBA (8:15)	ZUMBA (8:15)	LES MILLS BODYFLOW	
9:00	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYSTEP
10:00	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	Silver Sneakers	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
11:00				yoga		LES MILLS BODYJAM	
5:30		LES MILLS BODYPUMP :30 Express	LES MILLS BODYCOMBAT (5:45)	LES MILLS BODYPUMP :45 Express		<b>Please Note:          Any Class with low          attendance is          subject to          cancellation at any          time.</b>	
6:00	LES MILLS BODYCOMBAT :45 Express	LES MILLS BODYSTEP :30 Express		LES MILLS BODYSTEP :45 Express	LES MILLS BODYCOMBAT		
6:30	LES MILLS BODYPUMP (6:45) :45 Express	LES MILLS BODYFLOW					
7:30			ZUMBA				

CYCLE & BOOTCAMP\* SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45		LES MILLS RPM		LES MILLS RPM			
10:00						LES MILLS RPM	
6:00	LES MILLS RPM BOOTCAMP	BOOTCAMP	LES MILLS RPM	BOOTCAMP		<b>*BOOTCAMP class plans are          purchased separately. Talk to a          sales associate.</b>	
6:30		LES MILLS RPM		LES MILLS RPM			

**Daycare Hours**

**Mon-Wed:** 8:00am-12:00pm and 4:30pm-9:00pm  
**Thu:** 8:00am-12:00pm and 4:30pm-8:30pm  
**Friday:** 8:00am-12:00pm and 4:30pm-8:00pm  
**Sat and Sun:** 8:30am-12:00pm

**Staffed Gym Hours**

**Mon-Fri:** 7:00am – 9:00pm  
**Sat:** 8:00am-6:00pm  
**Sun:** 8:00am-2:00pm  
**NOTE:** All Members with 24-Hour Access Badges  
 can access the gym 24/7. Please see any Staff  
 member to get yours!