

Group Fitness Class Schedule

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM		LES MILLS BODYPUMP Express		LES MILLS BODYPUMP Express			
	8:15 AM						LES MILLS BODYPUMP	
	8:30 AM	LES MILLS BODYPUMP		LES MILLS BODYCOMBAT		LES MILLS BODYPUMP		
	9:30 AM	LES MILLS BODYCOMBAT	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT	
	10:30 AM						LES MILLS BODYFLOW	
	11:30 AM						ZUMBA	
	5:00 PM	Abs & Glutes				Abs & Glutes		
	5:30 PM	LES MILLS BODYPUMP	LES MILLS BODYPUMP	Step Aerobics	LES MILLS BODYCOMBAT	Body Challenge		
	6:45 PM	LES MILLS BODYCOMBAT	ZUMBA	LES MILLS BODYPUMP	ZUMBA			

Mind and Body Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:30 AM						Yoga 1	
	9:30 AM		Yoga 1				Yoga 2 & 3	
	5:30 PM	Fitness 101	Yoga 2 & 3	Fitness 101	Yoga 1			
	6:30 PM	LES MILLS BODYFLOW		LES MILLS BODYFLOW				

Cycling Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM	<i>Cycling Express</i>		LES MILLS RPM				
	8:00 AM		LES MILLS RPM		<i>Cycling 60 Min</i>		<i>Cycling 60 Min</i>	
	9:30 AM						LES MILLS RPM	<i>Cycling 60 Min</i>
	5:30 PM	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM			
	6:30 PM	<i>Interval Cycling</i>	<i>Cycling 60 Min</i>	LES MILLS RPM				

Indoor Pool	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 AM	Aqua		Aqua		Aqua	Aqua	
	6:30 PM	Aqua		Aqua				

Effective 07/17/10

