

GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		LES MILLS BODYPUMP LESLIE 5:45			LES MILLS BODYFLOW LESLIE 5:45	
8AM		LES MILLS CXWORX TERRENCE		LES MILLS CXWORX SANDY		
8:30AM 8:45AM	LES MILLS BODYPUMP 8:45 SANDY	ZUMBA 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	ZUMBA 8:30 BONNIE	LES MILLS BODYPUMP 8:45 SANDY	
9:15AM 9:35AM 10AM	PILATES 10AM JULIE 45MIN	RESTORATIVE YOGA 9:35AM JUSTIN	PILATES 10AM KIM D 45 MIN	BLENDED YOGA 9:35AM JUSTIN	PILATES 10AM JULIE 45MIN	LES MILLS BODYPUMP 9:15AM LESLIE
10:30AM 10:45AM	YOGA 10:45 JULIE	STRETCH & TONE 10:45 KIM R	10:45 BONNIE	10:45 SANDY	ZUMBA gold 10:45 BONNIE	Club Jam 10:30AM MEG/JEREMY
5PM 5:15PM		CORE! 5PM MELANIE		LES MILLS BODYPUMP 5:15PM LESLIE		
5:30PM	HIP HOP CARDIO DEVON	Club Jam MEG (45)	LES MILLS CXWORX JOAN (30)			
6:15PM 6:20PM		LES MILLS BODYFLOW 6:20PM LEE/LESLIE	Club Jam 6:15PM JASMINE	Club Jam 6:15PM TJ		

CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:15AM 5:45AM	LES MILLS RPM 5:30AM MARK	New Time!	LES MILLS RPM 5:15AM PL		
8:15AM 8:30AM 9:50AM	LES MILLS RPM 9:50AM SANDY	Justin's Tuesday Ride 8:30 AM		LES MILLS sprint 8:30 AM TERRENCE	LES MILLS RPM 8:15AM LEE
5:30/5:45PM 6PM	LES MILLS RPM 5:30PM LESLIE	LES MILLS sprint 5:45PM MEL	LES MILLS sprint 6PM MARK	LES MILLS RPM 6PM LEE	

BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5:15AM	FITCAMP TONYA	COMBAT CARDIO TREY	FITCAMP TONYA	COMBAT CARDIO TREY	FITCAMP TONYA	
8:15AM	Butts & Guts RHONDA		Butts & Guts RHONDA			
9AM 9:15AM	FatBlast PUSH/PULL AC 9:15	Combat Cardio CRYSTE	FatBlast LEGS AC 9:15	Combat Cardio CRYSTE	FatBlast ARMS/CORE LINDSAY	FatBlast LINDSAY
12:10PM	FatBlast 45 PUSH/PULL TONYA	Combat Cardio 45 CRYSTE	FatBlast 45 LEGS TONYA	Combat Cardio 45 CRYSTE	FatBlast 45 ARMS/CORE TONYA	YOGA 10:05am JUSTIN
5:30PM	FatBlast UPPER LINDSAY	FatBlast CARDIO RHONDA	FatBlast LOWER LINDSAY	FatBlast CARDIO MICHAEL		9/10 & 9/24

POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	AQUA TABATA KIM R	H2O CARDIO KIM R	H2O CARDIO BONNIE	H2O CARDIO SANDY	ZUMBA BONNIE
10AM	ARTHRITIS KIM R 10AM		ARTHRITIS SANDY 10AM		ARTHRITIS SANDY 10AM

Les Mills Virtual is set for ON DEMAND.
Now you can choose a class anytime
there is not one on the schedule.

Labor Day Schedule: Gym Hours 8am to 1pm
8:15am RPM 9:15am Body Pump 10:15am Arthritis
All other classes canceled

SEPTEMBER 2021