

# GROUP FITNESS SCHEDULE



**SUMMER 2024**

Updated 5/27/24

## CYCLING STUDIO



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:10AM	LES MILLS RPM				LES MILLS RPM	
5:25AM			LES MILLS Sprint			
5:30AM		HIIT Ride				
9:00AM	LES MILLS Sprint		LES MILLS RPM		LES MILLS Sprint	
4:30PM					LES MILLS Sprint	
4:50PM	HIIT Ride					

## UPSTAIRS STUDIO

6:00AM		Yoga		Yoga		
7:15AM				Pilates		
8:00AM						LES MILLS BODYBALANCE
9:00AM						LES MILLS BODYCOMBAT
9:30AM	Yoga					
12:00PM		Yoga		Yoga		
4:30PM			LES MILLS BODYSTEP			
5:00PM		LES MILLS CORE		LES MILLS CORE		
5:30PM	Yoga	LES MILLS BODYBALANCE				
5:35pm			LES MILLS Shapes			
6:00PM				LES MILLS BODYCOMBAT	LES MILLS SH'BAM	
6:35PM	WERQ	FIRE IN MOTION	Yoga			

## MEMBER'S GYM

6:00AM	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS BODYPUMP	Strength Development
7:15AM						
8:00AM						LES MILLS CORE
9:00AM		LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP
12:00PM						
4:30PM		LES MILLS BODYPUMP	LES MILLS FUNCTIONAL STRENGTH	LES MILLS BODYPUMP		
5:00PM					LES MILLS BODYPUMP	
5:30PM	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	LES MILLS BODYATTACK		
6:00PM						
6:30PM		Strength Development				
6:35PM	LES MILLS GRIT		LES MILLS GRIT	FIRE IN MOTION		