

# GROUP FITNESS SCHEDULE

## SUMMER 2024

Updated 5/27/24



### CYCLING STUDIO

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

### UPSTAIRS STUDIO

6:00AM		Yoga		Yoga		
7:15AM				Pilates		
8:00AM					LESMILLS BODYBALANCE	
9:00AM					LESMILLS BODYCOMBAT	
9:30AM	Yoga					
12:00PM		Yoga		Yoga		
4:30PM			LESMILLS BODYSTEP			
5:00PM		LESMILLS CORE		LESMILLS CORE		
5:30PM	Yoga	LesMills BODYBALANCE				
5:35pm			LESMILLS Shapes			
6:00PM				LESMILLS BODYCOMBAT	LESMILLS SH'BAM	
6:35PM	WERQ	FIRE IN MOTION	Yoga		45'	

### MEMBER'S GYM

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