

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM						8:00 AM	LES MILLS Lyndsie BODYPUMP	
9:00 AM	CLUB FITNESS Susan CARDIO	LES MILLS Becky BODYPUMP	CLUB FITNESS Gale CARDIO	LES MILLS Jenna BODYPUMP	CLUB FITNESS Cheryl YOGA	9:00 AM	CLUB FITNESS Dawn STEP	
10:00 AM	LES MILLS Erica BODYPUMP	LES MILLS Maria tone 45min	LES MILLS Erica BODYPUMP	CLUB FITNESS Cheryl CORE	LES MILLS Amy tone 45min	10:00am	LES MILLS Jenna BODYPUMP	
11:00 AM	LES MILLS Erica BODYFLOW	CLUB FITNESS Hallie YOGA	CLUB FITNESS Rebecca YOGA	CLUB FITNESS Cheryl YOGA	LES MILLS Amy BODYFLOW	11:00AM	PiYO Jenna	ZUMBA FITNESS Jing
12:00 PM	CLUB FITNESS Trainer DYNAMICS 45min	LES MILLS Nancy BODYPUMP 45min	CLUB FITNESS Nancy YOGA 45min	LES MILLS Nancy BODYPUMP 45min		12:00 PM		CLUB FITNESS Rhonna YOGA
5:00 PM	LES MILLS Jessica tone 45min	CLUB FITNESS Frannie STRENGTH	STRONG Crystal BY ZUMBA	LES MILLS Karen BODYFLOW				
6:00 PM	LES MILLS Amy BODYPUMP	PiYO Jacqui	LES MILLS Kirstie BODYPUMP	ZUMBA FITNESS Heather				
7:00 PM	LES MILLS Amy BODYFLOW	LES MILLS Jacqui BODYPUMP	LES MILLS Kirstie BODYFLOW					

CYCLE STUDIO

9:00 AM			CLUB FITNESS Becky CYCLE			9:00 AM	CLUB FITNESS Angie CYCLE	
10:00 AM		CLUB FITNESS Susan CYCLE		CLUB FITNESS Susan CYCLE	CLUB FITNESS Sharon CYCLE	10:00 AM		CLUB FITNESS Angie CYCLE
12:00 AM	CLUB FITNESS Sharon CYCLE 45min							
5:15 PM	CLUB FITNESS Melissa CYCLE							
6:00 PM				CLUB FITNESS Angie CYCLE				



All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

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FITNESS FOR EVERY BODY.