

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45 AM	LES MILLS Michelle BODYPUMP		LES MILLS Kathie N BODYPUMP		LES MILLS Kathie N BODYPUMP	5:45 AM		
8:00 AM						8:00 AM	LES MILLS Angela H BODYPUMP	
8:15 AM		CLUB FITNESS HIIT Karen			ZUMBA Maria	8:15 AM		LES MILLS Kathie BODYPUMP
8:45 AM	ZUMBA Maria					8:45 AM		
9:00 AM			CLUB FITNESS YOGA Chelsie			9:00 AM		
9:15 AM		CLUB FITNESS STEP Gale		CLUB FITNESS INTERVALS Lori		9:15 AM	CLUB FITNESS STEP Gale/ Trudy	
9:30 AM					CLUB FITNESS YOGA Angeline	9:30 AM		ZUMBA Eileen
9:45 AM	LES MILLS Sharon BODYPUMP					9:45 AM		
10:00 AM			CLUB FITNESS TABATA Isha			10:00 AM		
10:15 AM				LES MILLS Lori A BODYPUMP		10:15 AM	RIPPED Rhonna 45min	
10:30 AM						10:30 AM		ZUMBA Jennifer S
11:00 AM	CLUB FITNESS Tami MINDFUL YOGA					11:00 AM	LES MILLS Tracey BODYPUMP 45min	
11:30 AM				ZUMBA Secunda		11:30 AM		CLUB FITNESS Jen VINYASA
12:00 PM	ZUMBA Martha				CLUB FITNESS YOGA Michael	12:00 PM	ZUMBA Rachel	
12:45 PM						12:45 PM		CLUB FITNESS Tami MINDFUL YOGA
1:00 PM						1:00 PM	STRONG Crystal	
3:45 PM			ZUMBA Isabel					
4:15 PM	CLUB FITNESS Jim PILOGA							
4:45 PM				RIPPED Melinda	LES MILLS Robin S BODYPUMP			
5:00 PM		CLUB FITNESS Gary PILATES 45 min	CLUB FITNESS 45min CORE Rhonna					
5:15 PM	CLUB FITNESS HIIT Melinda							
5:45 PM		Turbo TRICK Melinda	LES MILLS Gale BODYPUMP	Turbo TRICK Gina				
6:15 PM	Turbo TRICK Jenn							
6:30 PM					ZUMBA Crystal			
6:45 PM		LES MILLS Jenna K BODYPUMP		ZUMBA Rachel				
6:55 PM			DFM 45min Trainer					
7:20 PM	LES MILLS Kirstie BODYPUMP							
7:45 PM			CLUB FITNESS Gary PILATES	LES MILLS Kirstie BODYPUMP				



CYCLE STUDIO

5:45 AM		SPINNING Shelly		SPINNING Robin S		5:45 AM		
8:15 AM				SPINNING Lori A		8:15 AM	SPINNING Shelly	
8:30 AM	SPINNING Sharon				SPINNING Angeline D	8:30 AM		
9:00 AM						9:00 AM		SPINNING Jenne
9:15 AM		SPINNING Stacey				9:15 AM		
12:00 PM			SPINNING Sharon	SPINNING Sharon		12:00 PM		
5:00 PM				SPINNING Robin S		5:00 PM		
5:30 PM	SPINNING Shelly					5:30 PM		
5:45 PM		SPINNING Michelle P				5:45 PM		

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.