

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00 AM			LES MILLS Alison BODYPUMP			6:00 AM		
8:00 AM						8:00 AM	ZUMBA Heather FITNESS	LES MILLS Alison BODYPUMP
9:00 AM	CLUB FITNESS YOGA Jill		CLUB FITNESS HIIT Emily	CLUB FITNESS HIIT Amy	LES MILLS Dana BODYPUMP	9:00 AM	LES MILLS Cheryl BODYPUMP	CLUB FITNESS YOGA Jill
10:00 AM	LES MILLS Dana BODYPUMP	CLUB FITNESS Jill PILOGA		CLUB FITNESS YOGA Jill		10:00 AM	PIYO Amanda	ZUMBA Heather FITNESS
11:00 AM						11:00 AM	Turbo KICK Regan	
4:00 PM				LES MILLS Libby BODYPUMP				
5:00 PM	CLUB FITNESS YOGA Jill	LES MILLS Cheryl BODYPUMP	CLUB FITNESS Trudy STRENGTH	CLUB FITNESS CORE Carolyn	ZUMBA Heather FITNESS			
6:00 PM	CLUB FITNESS HIIT Trinity	CLUB FITNESS Jill PILOGA	CLUB FITNESS YOGA Nancy	ZUMBA Shana FITNESS				
7:00 PM	ZUMBA Makeba FITNESS	Turbo KICK April B	DFM Trainer	LES MILLS Cheryl BODYPUMP				
8:00 PM	CLUB FITNESS Gary PILATES		ZUMBA David FITNESS					

CYCLE STUDIO

5:00 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	5:00 AM	LES MILLS RPM	LES MILLS RPM
6:00 AM	LES MILLS sprint Tom	CLUB FITNESS CYCLE Terrilyn	LES MILLS sprint Tom	CLUB FITNESS CYCLE Terrilyn	LES MILLS sprint	6:00 AM	LES MILLS sprint	LES MILLS sprint
7:30 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	7:30 AM	LES MILLS RPM	LES MILLS RPM
9:00 AM	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Jeonne	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	9:00 AM	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Deb
10:30 AM & 11:30 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	10:30 AM & 11:30 AM	LES MILLS RPM	LES MILLS RPM
12:30 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	12:30 AM	LES MILLS sprint	LES MILLS sprint
1:30 PM & 2:30 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	1:30 PM & 2:30 PM	LES MILLS RPM	LES MILLS RPM
3:30 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	3:30 PM	LES MILLS sprint	LES MILLS sprint
4:30 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	4:30 PM	LES MILLS RPM	LES MILLS RPM
6:00 PM	CLUB FITNESS CYCLE Holly	CLUB FITNESS CYCLE Jen	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Jill	LES MILLS sprint	6:00 PM	LES MILLS sprint	LES MILLS sprint
7:30 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	7:30 PM	LES MILLS RPM	LES MILLS RPM

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.