

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM		LES MILLS Stephanie BODYPUMP		LES MILLS Christine S. BODYPUMP		5:15 AM		
9:00 AM	TURBO TRICK Julie N.	LES MILLS Dana G. BODYFLOW	ZUMBA Elina FITNESS	LES MILLS Dana G. BODYFLOW	LES MILLS Jonah BODYPUMP	8:15 AM	LES MILLS Cheryl BODYPUMP	LES MILLS Alison BODYPUMP
10:00 AM	LES MILLS Dana R. BODYPUMP	LES MILLS Erica BODYCOMBAT	LES MILLS Elina BODYPUMP	LES MILLS Erica BODYCOMBAT	PIYO Erin	9:15 AM	LES MILLS Cheryl BODYCOMBAT	ZUMBA Martha B. FITNESS
11:00 AM	CLUB FITNESS YOGA Gloria	LES MILLS Erica BODYPUMP	LES MILLS Amy T. BODYFLOW	LES MILLS Elina BODYPUMP		10:15 AM	CLUB FITNESS YOGA Steve	LES MILLS Cheryl BODYFLOW
11:15 AM						11:15 AM	ZUMBA Makeba FITNESS	STRONG SHERI ZUMBA
4:30 PM	PIYO Amanda G	LES MILLS Cheryl BODYPUMP	LES MILLS Cheryl BODYCOMBAT	CLUB FITNESS BARRE Moira				
5:30 PM	LES MILLS Elina BODYPUMP	ZUMBA Tracey FITNESS	LES MILLS Libby BODYPUMP	TURBO TRICK April				
6:15 PM					CLUB FITNESS HIIT barre Carolyn			
6:30 PM	ZUMBA Elina FITNESS	LES MILLS Kristin BODYCOMBAT	STRONG barre Lindsey	LES MILLS Dana R. BODYPUMP				
7:30 PM	LES MILLS Cheryl BODYFLOW	CLUB FITNESS YOGA Rhonna	LES MILLS Dana G. BODYFLOW	CLUB FITNESS YOGA Jenny				

CYCLE STUDIO

5:30 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	5:00 AM	LES MILLS RPM	LES MILLS RPM
6:15 AM & 7:00 AM & 7:45 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	6:15 AM & 7:00 AM & 7:45 AM	LES MILLS sprint	LES MILLS sprint
9:00 AM	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	CLUB FITNESS CYCLE Quinn	9:00 AM	CLUB FITNESS CYCLE Jill	CLUB FITNESS CYCLE Ray
10:15 AM & 11:15 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	10:15 AM & 11:15 AM	LES MILLS RPM	LES MILLS RPM
12:15 PM & 1:00 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	12:15 PM & 1:00 PM	LES MILLS sprint	LES MILLS sprint
1:45 PM & 2:45 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	1:45 PM & 2:45 PM	LES MILLS RPM	LES MILLS RPM
4:00 PM & 4:45 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	4:00 PM & 4:45 PM	LES MILLS sprint	LES MILLS sprint
5:30 PM	CLUB FITNESS CYCLE Mallory	CLUB FITNESS CYCLE Shelly	CLUB FITNESS CYCLE Jenny	CLUB FITNESS CYCLE Mallory	LES MILLS RPM	5:30 PM	LES MILLS RPM	LES MILLS RPM
6:45 PM	CLUB FITNESS CYCLE Quinn	LES MILLS RPM	CLUB FITNESS CYCLE Ray	LES MILLS RPM	LES MILLS RPM	6:45 PM	LES MILLS RPM	LES MILLS RPM
7:45 PM & 8:30 PM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	7:45 PM & 8:30 PM	LES MILLS sprint	LES MILLS sprint

PULSE STUDIO

5:30 AM - 8:00 AM	PULSE STUDIO Libby	PULSE STUDIO Georgette	PULSE STUDIO Libby	PULSE STUDIO Larry	PULSE STUDIO Libby			
9:30 AM - 12:00 PM	PULSE STUDIO Brandon	PULSE STUDIO Georgette	PULSE STUDIO Larry	PULSE STUDIO Brandon	PULSE STUDIO Libby	9:30 AM - 12:00 PM	PULSE STUDIO Larry	PULSE STUDIO Makeba
5:30 PM - 8:00 PM		PULSE STUDIO Brandon	PULSE STUDIO Brandon		PULSE STUDIO Brandon			

BURN ZONE

5:00 AM	BURN ZONE Libby	BURN ZONE Jonah	BURN ZONE Libby	BURN ZONE Jonah	BURN ZONE Libby			
6:15 AM		BURN ZONE Jonah		BURN ZONE Jonah				
8:30 AM	BURN ZONE Libby		BURN ZONE Libby		BURN ZONE Libby	8:30 AM	BURN ZONE Makeba	BURN ZONE Makeba
9:15 AM		BURN ZONE Julie N.		BURN ZONE Julie N.		10:00 AM	BURN ZONE Makeba	BURN ZONE Alison
12:00 PM	BURN ZONE Larry		BURN ZONE Larry					
4:30 PM					BURN ZONE Makeba			
5:15 PM	BURN ZONE Brandon	BURN ZONE Rhonna	BURN ZONE Makeba	BURN ZONE Brandon				
6:30 PM	BURN ZONE Brandon	BURN ZONE Rhonna	BURN ZONE Makeba	BURN ZONE Brandon				

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.