

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM		LES MILLS Kathie BODYPUMP		LES MILLS David BODYPUMP	LES MILLS Angela BODYPUMP			
8:15 AM	CLUB FITNESS Kim INTERVALS 45 min		CLUB FITNESS Carrie INTERVALS 45 min			8:15 AM	LES MILLS Jenni BODYPUMP	
9:00 AM	LES MILLS Nancy BODYPUMP	CLUB FITNESS Vanessa INTERVALS	LES MILLS Maria BODYPUMP	CLUB FITNESS Missy HIIT	CLUB FITNESS Kim INTERVALS	9:00 AM		LES MILLS Holly BODYPUMP
9:15 AM						9:15 AM	CLUB FITNESS Nancy STEP	
10:00 AM		LES MILLS Amy BODYPUMP	LES MILLS Maria BODYFLOW	LES MILLS Jenni BODYPUMP	LES MILLS Monica BODYCOMBAT	10:00 AM		LES MILLS Melissa BODYFLOW
10:15 AM	CLUB FITNESS Rebecca VINYASA					10:15 AM	CLUB FITNESS Mary D. YOGA	
11:00 AM				PIYO Jenni 45min	LES MILLS Melissa BODYFLOW			
4:30 PM	PIYO Ally		LES MILLS Steph BODYPUMP	LES MILLS Julie BODYCOMBAT				
5:30 PM	ZUMBA Rachael FITNESS	CLUB FITNESS Rebecca STEP	LES MILLS Holly BODYCOMBAT	LES MILLS Katie BODYPUMP				
6:30 PM	LES MILLS Sharon BODYPUMP	LES MILLS Michelle BODYPUMP	CLUB FITNESS Rebecca VINYASA	CLUB FITNESS Holly TABATA				

CYCLE STUDIO

5:00 AM	CLUB FITNESS Sheri CYCLE	LES MILLS RPM	CLUB FITNESS Sheri CYCLE	LES MILLS RPM	CLUB FITNESS Lisa CYCLE	5:00 AM	LES MILLS RPM	LES MILLS RPM
6:15 AM & 7:15 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	6:15 AM & 7:15 AM	LES MILLS sprint	LES MILLS sprint
8:15 AM	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS sprint	8:00 AM	CLUB FITNESS Bill S CYCLE	CLUB FITNESS Lisa CYCLE
9:00 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	CLUB FITNESS Shannon CYCLE	9:15 AM	LES MILLS Tom sprint	LES MILLS sprint
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 Kathie CYCLE	LES MILLS Katie sprint	CLUB FITNESS Lisa CYCLE	LES MILLS Dave sprint	LES MILLS RPM	5:30 PM	LES MILLS RPM	LES MILLS RPM
6:45 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	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

BURN ZONE

5:00 AM	BURN ZONE Laura	BURN ZONE Carrie	BURN ZONE Carrie	BURN ZONE Kathie	BURN ZONE Carrie		
6:15 AM		BURN ZONE Michelle		BURN ZONE Michelle			
7:00 AM	BURN ZONE Kayli		BURN ZONE Sharon		BURN ZONE Sharon		
8:30 AM	BURN ZONE Amanda	BURN ZONE Sharon	BURN ZONE Amanda	BURN ZONE Lyndsie		8:30 AM	BURN ZONE Kayli BURN ZONE Lyndsie
10:00 AM						10:00 AM	BURN ZONE Kayli BURN ZONE Michelle
4:00 PM	BURN ZONE Sharon		BURN ZONE Michelle				
5:15 PM	BURN ZONE Sharon	BURN ZONE Kayli	BURN ZONE Lyndsie	BURN ZONE Kayli			
5:30 PM					BURN ZONE Kayli		
6:30 PM	BURN ZONE Kayli	BURN ZONE Kayli	BURN ZONE Kayli	BURN ZONE Kayli			

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.