

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	LES MILLS Julie BODYCOMBAT	LES MILLS Kathie BODYPUMP		LES MILLS David BODYPUMP	LES MILLS Angela BODYPUMP			
8:15 AM	CLUB FITNESS Kim INTERVALS		LES MILLS Maria tone			8:15 AM	LES MILLS Jenni BODYPUMP	
9:00 AM	LES MILLS Susan BODYPUMP	CLUB FITNESS Vanessa INTERVALS	LES MILLS Mary BODYPUMP	CLUB FITNESS Tisha TABATA	CLUB FITNESS Kim INTERVALS	9:00 AM		LES MILLS Holly BODYPUMP
9:15 AM						9:15 AM	CLUB FITNESS STEP	
10:00 AM		LES MILLS Amy BODYPUMP	LES MILLS Maria BODYFLOW	LES MILLS Jenni BODYPUMP	LES MILLS Frankie BODYCOMBAT	10:00 AM		LES MILLS Melissa BODYFLOW
10:15 AM	CLUB FITNESS Rebecca VINYASA					10:15 AM	CLUB FITNESS YOGA	
11:00 AM				PIYO Jenni 45min	LES MILLS Melissa BODYFLOW			
4:30 PM	PIYO Ally		LES MILLS Steph BODYPUMP					
5:30 PM	ZUMBA Rachael RACHAEL FITNESS	CLUB FITNESS Dawn 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 HIIT				
7:30 PM	STRONG ZUMBA Crystal							

CYCLE STUDIO

5:00 AM	STAGES SHERI FLIGHT	STAGES BILL FLIGHT	STAGES SHERI FLIGHT	STAGES KATHIE FLIGHT	STAGES BILL B FLIGHT	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 MICHELLE sprint	LES MILLS sprint	LES MILLS sprint	LES MILLS MICHELLE sprint	8:00 AM	STAGES BILL S FLIGHT	STAGES LISA FLIGHT
9:00 AM	LES MILLS RPM	STAGES TAMMI FLIGHT	LES MILLS RPM	LES MILLS RPM	STAGES ASHLEY FLIGHT	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	STAGES KATHIE FLIGHT	LES MILLS KATHIE sprint	STAGES NANCY FLIGHT	LES MILLS RPM	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 Laura ZONE	BURN Carrie ZONE	BURN Carrie ZONE	BURN Laura ZONE	BURN Carrie ZONE			
6:15 AM		BURN Liz ZONE		BURN Liz ZONE				
7:00 AM	BURN Kayli ZONE		BURN Liz ZONE		BURN Sharon ZONE			
8:30 AM	BURN Amanda ZONE	BURN Sharon ZONE	BURN Amanda ZONE	BURN Janny ZONE		8:30 AM	BURN Kayli ZONE	BURN Liz ZONE
10:00 AM						10:00 AM	BURN Kayli ZONE	BURN Christina ZONE
4:00 PM	BURN Sharon ZONE		BURN Liz ZONE					
5:15 PM	BURN Sharon ZONE	BURN Susan ZONE	BURN Liz ZONE	BURN Kayli ZONE				
5:30 PM					BURN Kayli ZONE			
6:30 PM	BURN Kayli ZONE	BURN Kayli ZONE	BURN Susan ZONE	BURN Kayli ZONE				

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.