

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|----------|--------------------------------------|--|---------------------------------------|---|--------------------------------------|----------|--------------------------------------|---------------------------------------|
| 5:00 AM | LES MILLS BODYCOMBAT Donna | LES MILLS BODYPUMP Nicole D | | LES MILLS BODYPUMP Laura | | | | |
| 8:15 AM | LES MILLS BODYPUMP Renaë | LES MILLS BODYCOMBAT Gabby | LES MILLS BODYPUMP Gabby | CLUB FITNESS BOOT CAMP Tony | LES MILLS BODYFLOW Katie | 8:15 AM | LES MILLS BODYPUMP Laura | |
| 9:15 AM | CLUB FITNESS YOGA Mary | LES MILLS BODYPUMP Nicole R | PIYO Nicole R | ZUMBA FITNESS Leslie | LES MILLS BODYPUMP Jessica | 9:15 AM | LES MILLS BODYCOMBAT Laura | LES MILLS BODYPUMP Victoria |
| 10:15 AM | ZUMBA FITNESS Kim S | ZUMBA toning Kim S | LES MILLS CXWORX Jessica | LES MILLS BODYCOMBAT Nicole R | WERQ Nicole R | 10:15 AM | ZUMBA FITNESS Sheri | LES MILLS BODYFLOW Maggie |
| 11:15 AM | | | | | | 11:15 AM | | ZUMBA FITNESS Beth |
| 4:30 PM | LES MILLS BODYPUMP Mary | LES MILLS BODYFLOW Katie | LES MILLS BODYPUMP Nicole D | PIYO LeAnne | | | | |
| 5:30 PM | LES MILLS BODYCOMBAT Laura | LES MILLS BODYPUMP Stephanie | LES MILLS BODYCOMBAT Katie | ZUMBA FITNESS Crystal | | | | |
| 6:30 PM | LES MILLS BODYFLOW Laura | ZUMBA FITNESS Cassandra | CLUB FITNESS STRENGTH Nancy | LES MILLS BODYPUMP Stephanie | | | | |
| 7:30 PM | ZUMBA FITNESS Beth | | CLUB FITNESS STEP Nancy | LES MILLS BODYFLOW Maggie | | | | |

CYCLE STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|---------|------------------------------------|-----------------------------------|-------------------------------------|----------------------------------|-----------------------------------|---------|------------------------------------|---------------------------|
| 5:00 AM | CLUB FITNESS CYCLE Kim R | | CLUB FITNESS CYCLE Kim R | | LES MILLS RPM Nicole D | | | |
| 6:15 AM | LES MILLS sprint Autumn | LES MILLS sprint Donna | LES MILLS sprint Nicole D | LES MILLS sprint Donna | LES MILLS sprint Autumn | | | |
| | | | | | | 7:00 AM | CLUB FITNESS CYCLE Kari | |
| | | | | | | 7:30 AM | | SPINNING Maggie |
| 9:00 AM | LES MILLS RPM Nicole R | | | | LES MILLS RPM Nicole R | | | |
| | | | | | | 9:15 AM | CLUB FITNESS CYCLE Nancy | |
| 5:30 PM | LES MILLS RPM LeAnne | LES MILLS sprint Laura | CLUB FITNESS CYCLE Sally | LES MILLS RPM LeAnne | | | | |
| 6:30 PM | CLUB FITNESS CYCLE Nancy | CLUB FITNESS CYCLE Kari | SPINNING Suzette | LES MILLS RPM Leah | | | | |

BURN ZONE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|---------|------------------------------|---------------------------|-----------------------------|------------------------------|----------------------------|---------|---------------------------|----------------------------|
| 5:00 AM | BURN ZONE Victoria | BURN ZONE Donna | BURN ZONE Kari | BURN ZONE Donna | BURN ZONE Jaime | | | |
| 8:00 AM | | | | | | 8:00 AM | BURN ZONE Nancy | |
| 9:00 AM | BURN ZONE Rachel | BURN ZONE Renaë | BURN ZONE Jessica | BURN ZONE Nicole R | BURN ZONE Rachel | 9:00 AM | | BURN ZONE Maggie |
| 4:30 PM | | BURN ZONE Jaime | | BURN ZONE Kim S | | | | |
| 5:15 PM | BURN ZONE Nancy | | BURN ZONE Kim S | | BURN ZONE Ashley | | | |
| 6:00 PM | | BURN ZONE Laura | | BURN ZONE Beth | | | | |

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.

CLUB FITNESS O'FALLON, IL | 1234 CENTRAL PARK DR, O'FALLON, IL 62269 | 618.589.1117

FITNESS FOR EVERY BODY.

VIRTUAL CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------|--------|---------|-----------|----------|--------|----------|--------|
| 5:00 AM | | | | | | | |
| 6:15 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 9:00 AM | | | | | | | |
| 10:30 AM & 11:15 AM & 12:00 PM | | | | | | | |
| 12:45 PM & 1:45 PM & 2:45 PM | | | | | | | |
| 4:00 PM & 4:45 PM | | | | | | | |
| 5:30 PM | | | | | | | |
| 6:30 PM | | | | | | | |
| 7:30 PM & 8:15 PM | | | | | | | |

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FITNESS FOR EVERY BODY.