

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM		LES MILLS Diane BODYPUMP	CLUB FITNESS YOGA Valerie	LES MILLS Monica BODYCOMBAT	LES MILLS Patricia BODYPUMP	5:00 AM		
7:00 AM						7:00 AM	LES MILLS Robin BODYPUMP	
7:30 AM						7:30 AM		LES MILLS Monica BODYCOMBAT
8:00 AM						8:00 AM	CLUB FITNESS STEP Holly	
8:30 AM	CLUB FITNESS CORE Rebecca	ZUMBA Danielle	CLUB FITNESS 45min CORE Rebecca	CLUB FITNESS Rebecca 45 min STRENGTH	the core bar Sharon 45min	8:30 AM		LES MILLS Jacquie barre
8:45 AM						8:45 AM		
9:00 AM						9:00 AM	LES MILLS Holly BODYPUMP	RIPPED Jacqui
9:15 AM	CLUB FITNESS CARDIO Lori		CLUB FITNESS Nancy CORE CARDIO	CLUB FITNESS Nancy KICKBOXING	CLUB FITNESS Nancy 15min CORE	9:15 AM		
9:30 AM					CLUB FITNESS STEP Nancy	9:30 AM		
9:45 AM		CLUB FITNESS Cheryl 45 min INTERVALS				9:45 AM		
10:00 AM	LES MILLS Lori BODYPUMP		LES MILLS Sharon BODYPUMP			10:00 AM	LES MILLS Tricia BODYFLOW	LES MILLS Jacquie BODYPUMP
10:15 AM						10:15 AM		
10:30 AM		CLUB FITNESS Cheryl VINYASA		CLUB FITNESS Tami MINDFUL YOGA	CLUB FITNESS Cheryl PILATES	10:30 AM		
11:00 AM						11:00 AM	ZUMBA Cindy	
11:15 AM						11:15 AM		ZUMBA Shannon
12:00 PM						12:00 PM	ZUMBA Cindy	
4:30 PM	STRONG Isabel					12:15 PM		LES MILLS Shannon barre
4:45 PM		CLUB FITNESS Pam 45 min STRENGTH	CLUB FITNESS Dawn 15min CORE					
5:00 PM			CLUB FITNESS Dawn 45min STEP	LES MILLS Carrie 45 min BODYSTEP				
5:30 PM	LES MILLS Robin BODYPUMP	TURBO TRICK Pam	RIPPED Jacqui 45min		CLUB FITNESS Holly KICKBOXING			
5:45 PM								
6:00 PM				LES MILLS Jacquie BODYPUMP				
6:30 PM	CLUB FITNESS STEP Holly	LES MILLS Sara BODYPUMP	ZUMBA Isabel 45min		LES MILLS Tricia BODYFLOW			
7:00 PM				barre Jacquie				
7:15 PM			DFM Trainer					
7:30 PM	CLUB FITNESS Holly STRENGTH			CLUB FITNESS YOGA Dena				
7:45 PM		barre Julie						
8:15 PM		LES MILLS Julie CXWORX						



PULSE STUDIO

5:00 AM - 7:30 AM	PULSE STUDIO Emily C				PULSE STUDIO Kayli			
8:30 AM - 11:00 AM	PULSE STUDIO Emily E	PULSE STUDIO Josh	PULSE STUDIO Emily E	PULSE STUDIO Josh	PULSE STUDIO Emily E	8:30 AM - 11:00 AM	PULSE STUDIO Emily C	PULSE STUDIO Josh
5:30 PM - 8:00 PM	PULSE STUDIO Jacqui	PULSE STUDIO Emily C	PULSE STUDIO Kayli B	PULSE STUDIO Emily C	PULSE STUDIO Jacqui			

CYCLE STUDIO

5:30 AM	CLUB FITNESS CYCLE Bill	CLUB FITNESS CYCLE Robin	CLUB FITNESS Dawn/Melissa CYCLE Les Mills	CLUB FITNESS CYCLE Bill	CLUB FITNESS CYCLE Robin	5:30 AM	LES MILLS RPM	LES MILLS RPM
6:45 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	6:45 AM	LES MILLS RPM	LES MILLS RPM
7:45 AM	sprint	sprint	sprint	sprint	sprint	7:45 AM	CLUB FITNESS CYCLE Kathie	CLUB FITNESS CYCLE Robin Tom
8:00 AM						8:00 AM	LES MILLS RPM	LES MILLS RPM
9:15 AM	CLUB FITNESS CYCLE Karen	CLUB FITNESS CYCLE Alice	CLUB FITNESS CYCLE Lori	CLUB FITNESS CYCLE Sharon	CLUB FITNESS CYCLE Tami	9:15 AM	LES MILLS RPM	LES MILLS RPM
10:30 AM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	10:30 AM	LES MILLS RPM	LES MILLS RPM
11:30 AM	sprint	sprint	sprint	sprint	sprint	11:30 AM	LES MILLS RPM	LES MILLS RPM
12:30 PM	sprint	sprint	sprint	sprint	sprint	12:30 PM	sprint	sprint
1:15 PM						1:15 PM		
2:00 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	2:00 PM	LES MILLS RPM	LES MILLS RPM
3:00 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	3:00 PM	LES MILLS RPM	LES MILLS RPM
4:00 PM	LES MILLS RPM	CLUB FITNESS CYCLE Kathie	CLUB FITNESS CYCLE Rebecca 45min	CLUB FITNESS CYCLE Rebecca	LES MILLS RPM	4:00 PM	LES MILLS RPM	LES MILLS RPM
5:15 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	5:15 PM	LES MILLS RPM	LES MILLS RPM
6:30 PM	CLUB FITNESS CYCLE Sarah	LES MILLS RPM	LES MILLS RPM	CLUB FITNESS CYCLE Kathie	LES MILLS RPM	6:30 PM	sprint	sprint
7:10 PM						7:10 PM		
7:45 PM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	7:45 PM	LES MILLS RPM	LES MILLS RPM
8:45 PM	sprint	sprint	sprint	sprint	sprint	8:45 PM	sprint	sprint

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.