

MON

TUE

WED

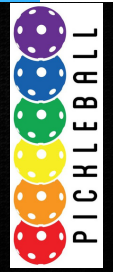
THUR

FRI

SAT

SUN

5:30 AM	LES MILLS BODYPUMP (NAN)		LES MILLS BODYPUMP (JEANNIE)		HIIT STRENGTH (BROOKE)		
6:30 AM							
7:30 AM	LES MILLS BODYPUMP (JEANNIE)	LES MILLS tone (PAM)	LES MILLS BODYPUMP (RACHEL)	CORE & STRETCH (PAM)		8:00 AM BUILD & BURN (JOY)	8:00 AM- 2:00 PM
8:30 AM	TABATA (SHELLEY)	KICKBOXING (JOY)	LES MILLS BODYPUMP (PAM)	LES MILLS tone (RACHEL)	LES MILLS BODYCOMBAT (RACHEL)	9:00 AM ZUMBA (TERRIE)	PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info
9:30 AM	TOTAL BODY TONE (SHELLEY)	ZUMBA (CHAMONI)	TABATA (JOY)	LES MILLS BODYCOMBAT (TOVAH)	LES MILLS BODYPUMP (PAM)	10:00 AM LES MILLS BODYPUMP (ROTATING - SEE APP)	
10:30 AM	ZUMBA (ALMA)	CORE & STRETCH (TOVAH)	BUNS, GUNS & GUTS (JOY)	ZUMBA (TERRIE/PATRICIA)	11:00 PM- 7:00 PM	11:00 AM- 4:00 PM	
	12:00 PM- 3:00 PM PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	12:00 PM- 5:00 PM PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	12:00 PM- 3:00 PM PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	12:00 PM- 5:00 PM PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	
3:30 PM	ZUMBA (ELIZABETH)		ZUMBA (ELIZABETH)				
4:30 PM							
5:30 PM							
6:00 PM	LES MILLS BODYPUMP (BROOKE)	BODY BLAST (JOY)	LES MILLS BODYPUMP (BROOKE)	LES MILLS tone (BROOKE)			



MON TUE WED THUR FRI SAT SUN

5:30 AM	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)
6:30 AM	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)
7:30 AM	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (45 MIN VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)
8:30 AM	LES MILLS BODYATTACK (VIRTUAL)	VINYASA FLOW (CAROLINE)	LES MILLS CORE (45 MIN VIRTUAL)	VINYASA FLOW (CAROLINE)	POWER YOGA (AMY)	POWER YOGA (BENEDICTE)	LES MILLS BODYATTACK (VIRTUAL)
9:30 AM	LES MILLS CORE (45 MIN VIRTUAL)	BOOTYBARRE (LAUREI)	LES MILLS BODYFLOW (45 MIN VIRTUAL)	BOOTYBARRE (JENNIFER)	LES MILLS CORE 9:45AM (30 MIN VIRTUAL)	BOOTYBARRE (ROTATING - SEE APP)	LES MILLS BODYFLOW (VIRTUAL)
10:30 AM	LES MILLS BODYFLOW 10:45AM (45 MIN VIRTUAL)	LES MILLS BODYATTACK 10:45AM (30 MIN VIRTUAL)	BOOTYBARRE (APRIL)	LES MILLS CORE 10:45AM (45 MIN VIRTUAL)	LES MILLS BODYFLOW (45 MIN VIRTUAL)	LES MILLS BODYATTACK 10:45AM (45 MIN VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)
11:30 AM	SILVER SNEAKERS (CAROLINE)	SILVER SNEAKERS (CAROLINE)	LES MILLS BODYFLOW 11:45AM (45 MIN VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	SILVER SNEAKERS (CAROLINE)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)
12:45 PM	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (45 MIN VIRTUAL)	LES MILLS BODYATTACK (45 MIN VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (45 MIN VIRTUAL)	LES MILLS BODYATTACK (45 MIN VIRTUAL)	LES MILLS BODYFLOW (45 MIN VIRTUAL)
1:30 PM	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)
2:30 PM	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)
3:30 PM	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)
4:30 PM	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)
6:00 PM	POWER YOGA (BENEDICTE)	LES MILLS BODYATTACK (VIRTUAL)	POWER YOGA (BENEDICTE)	POWER YOGA (AMY)	LES MILLS BODYATTACK (VIRTUAL)	LES MILLS BODYFLOW (VIRTUAL)	LES MILLS CORE (45 MIN VIRTUAL)