

MAY

PULSEology FITNESS CLUB

Group x (Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

LES MILLS
BODYPUMP
(BROOKE/JEANNIE)

6:30 AM

7:30 AM

LES MILLS
BODYPUMP
(JEANNIE)

8:30 AM

TABATA
(SHELLEY)

9:30 AM

TOTAL BODY TONE
(SHELLEY)

10:30 AM

ZUMBA
(ALMA)

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

3:30 PM

ZUMBA
(ELIZABETH)

4:30 PM

5:30 PM

6:00 PM

LES MILLS
BODYPUMP
(BROOKE)

tone
(PAM)

KICKBOXING
(JOY)

ZUMBA
(CHAMONI)

CORE & STRETCH
(TOVAH)

12:00 PM- 5:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

BODY BLAST
(JOY)

LES MILLS
BODYPUMP
(TOVAH)

LES MILLS
BODYPUMP
(JEANNIE)

LES MILLS
BODYPUMP
(PAM)

TABATA
(JOY)

TONE & CRUNCH
(JOY)

12:00 PM- 3:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

ZUMBA
(ELIZABETH)

LES MILLS
BODYPUMP
(BROOKE)

CORE & STRETCH
(PAM)

tone
(RACHEL)

LES MILLS
BODYCOMBAT
(TOVAH)

ZUMBA
(PATRICIA)

12:00 PM- 5:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

tone
(BROOKE)

HIIT STRENGTH
(BROOKE)

11:00 PM- 7:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

8:00 AM

BUILD & BURN
(JOY)

9:00 AM

ZUMBA
(CHIKIS)

10:00 AM

LES MILLS
BODYPUMP
(ROTATING - SEE APP)

11:00 AM- 4:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

please see front
desk for more info

8:00 AM- 2:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
please see front
desk for more info

MAY

PULSEology FITNESS CLUB

Cycle - live/virtual
(Studio 2)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

LES MILLS
RPM
(5:30am-6:20am)

LES MILLS
RPM
(5:30am-6:20am)

LES MILLS
RPM
(5:30am-6:20am)

LES MILLS
RPM
(5:30am-6:20am)

LES MILLS
RPM
(5:30am-6:20am)

LES MILLS
RPM
(5:30am-6:20am)

LES MILLS
RPM
(5:30am-6:20am)

6:30 AM
7:15 AM

LES MILLS
sprint
(6:30am - 7:00am)
(7:15am - 7:45am)

LES MILLS
RPM
(6:30am - 7:20am)

LES MILLS
sprint
(6:30am - 7:00am)
(7:15am - 7:45am)

LES MILLS
RPM
(6:30am - 7:20am)

LES MILLS
sprint
(6:30am - 7:00am)
(7:15am - 7:45am)

LES MILLS
RPM
(6:30am - 7:20am)

LES MILLS
sprint
(6:30am - 7:00am)

7:45 AM
8:00 AM

LES MILLS
RPM
(8:00am - 8:50am)

LES MILLS
RPM
(8:00 am - 8:50am)

LES MILLS
RPM
(8:00 am - 8:50am)

LES MILLS
RPM
(8:00 am - 8:50am)

LES MILLS
RPM
(8:00 am - 8:50am)

LES MILLS
sprint
(7:45am - 8:15am)

LES MILLS
RPM
(7:30am-8:20am)

8:30 AM

LIVE CYCLE
55 MIN (KIM)

LES MILLS
sprint
(8:30am - 9:00am)

9:30 AM -
10:30 AM

LIVE CYCLE
(KELLY)

LES MILLS
RPM
(9:30am - 10:20am)

LIVE CYCLE
(LAURIE)

LES MILLS
RPM
(9:30am - 10:20am)

LIVE CYCLE
(JEANNIE)

LES MILLS
RPM
(10:00am - 10:50am)

LES MILLS
RPM
(9:30am - 10:20am)

10:30 AM -
11:30 AM

LES MILLS
sprint
(10:45am - 11:15am)

LES MILLS
RPM
(10:30am - 11:20am)

LES MILLS
sprint
(10:45am - 11:15am)

LES MILLS
RPM
(10:30am - 11:20am)

LES MILLS
sprint
(10:45am - 11:15am)

LES MILLS
sprint
(10:45am - 11:15am)

11:30 AM -
12:20 PM

LES MILLS
RPM
(11:30 am - 12:20 am)

LES MILLS
sprint
(11:30am - 12:00pm)

LES MILLS
RPM
(11:30 am - 12:20 am)

LES MILLS
sprint
(11:30am - 12:00pm)

LES MILLS
RPM
(11:30 am - 12:20 am)

LES MILLS
sprint
(11:30am - 12:00pm)

LES MILLS
RPM
(11:30 am - 12:20 am)

12:30 PM -
1:00 PM

LES MILLS
sprint
(12:30pm - 1pm)

LES MILLS
RPM
(12:30pm - 1:20pm)

LES MILLS
sprint
(12:30pm - 1pm)

LES MILLS
RPM
(12:30pm - 1:20pm)

LES MILLS
sprint
(12:30pm - 1pm)

LES MILLS
RPM
(12:30pm - 1:20pm)

LES MILLS
sprint
(12:30pm - 1pm)

1:30 PM -
2:30 PM

LES MILLS
RPM
(1:30pm - 2:20pm)

LES MILLS
sprint
(1:30pm - 2:00pm)

LES MILLS
RPM
(1:30pm - 2:20pm)

LES MILLS
sprint
(1:30pm - 2:00pm)

LES MILLS
RPM
(1:30pm - 2:20pm)

LES MILLS
sprint
(1:30pm - 2:00pm)

LES MILLS
RPM
(1:30pm - 2:20pm)

2:30 PM -
3:30 PM

LES MILLS
sprint
(2:30pm - 3:00pm)

LES MILLS
RPM
(2:30pm - 3:20pm)

LES MILLS
sprint
(2:30pm - 3:00pm)

LES MILLS
RPM
(2:30pm - 3:20pm)

LES MILLS
sprint
(2:30pm - 3:00pm)

LES MILLS
RPM
(2:30pm - 3:20pm)

LES MILLS
sprint
(2:30pm - 3:00pm)

3:30 PM -
4:20 PM

LES MILLS
RPM
(3:30pm-4:20pm)

LES MILLS
sprint
(3:30pm - 4:00pm)

LES MILLS
RPM
(3:30pm-4:20pm)

LES MILLS
sprint
(3:30pm - 4:00pm)

LES MILLS
RPM
(3:30pm-4:20pm)

LES MILLS
sprint
(3:30pm - 4:00pm)

LES MILLS
RPM
(3:30pm-4:20pm)

4:30 PM -
5:00 PM

LES MILLS
sprint
(4:30pm - 5:00pm)

LES MILLS
RPM
(4:30pm - 5:20 pm)

LES MILLS
sprint
(4:30pm - 5:00pm)

LES MILLS
RPM
(4:30pm - 5:20 pm)

LES MILLS
sprint
(4:30pm - 5:00pm)

LES MILLS
RPM
(4:30pm - 5:20 pm)

LES MILLS
sprint
(4:30pm - 5:00pm)

5:30 PM -
6:20 PM

LES MILLS
RPM
(5:30pm - 6:20pm)

LIVE CYCLE
55 MIN (KIM)

LES MILLS
RPM
(5:30pm - 6:20pm)

LIVE CYCLE
55 MIN (MARGARET)

LES MILLS
RPM
(5:30pm - 6:20pm)

LES MILLS
sprint
(5:30pm - 6:00pm)

LES MILLS
RPM
(5:30pm - 6:20pm)

MAY

PULSEology

FITNESS CLUB

Barre/Yoga/Virtual (Studio 3)

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)

MAT PILATES
(ANNIE)

POWER YOGA
(BENEDICTE)

LES MILLS
BODYATTACK
(VIRTUAL)

9:30 AM

LES MILLS
CORE
(45 MIN VIRTUAL)

BOOTYBARRE
(LAURIE)

LES MILLS
BODYFLOW
(45 MIN VIRTUAL)

BARRE
(ANNIE)

LES MILLS
CORE 9:45AM
(30 MIN VIRTUAL)

BARRE
(ANNIE)

LES MILLS
BODYFLOW
(VIRTUAL)

10:30 AM

LES MILLS
BODYFLOW
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK 10:45AM
(30 MIN VIRTUAL)

MAT PILATES
(ANNIE)

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 3:45PM
(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)

ESSENTIAL YOGA
(BENEDICTE)

LES MILLS
BODYFLOW
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL) 5:30 PM

LES MILLS
BODYFLOW
(VIRTUAL - 5:30PM)

LES MILLS
CORE
(45 MIN VIRTUAL - 5:30PM)