

# JUNE & JULY

# PULSEology FITNESS CLUB

## Group x (Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

**LES MILLS**  
**BODYPUMP**  
(TOVAH)

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

12:00 PM- 3:00 PM

**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)

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**  
(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

HIIT STRENGTH  
(BROOKE)

**LES MILLS**  
**BODYCOMBAT**  
(RACHEL)

**LES MILLS**  
**BODYPUMP**  
(PAM)

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

# JUNE & JULY



Cycle - live/virtual  
(Studio 2)

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM	LESMILLS RPM (5:30am-6:20am)	LESMILLS RPM (5:30am-6:20am)	LESMILLS RPM (5:30am-6:20am)	LESMILLS RPM (5:30am-6:20am)	LESMILLS RPM (5:30am-6:20am)	LESMILLS RPM (5:30am-6:20am)	LESMILLS RPM (5:30am-6:20am)
6:30 AM 7:15 AM	LESMILLS sprint (6:30am - 7:00am) (7:15am - 7:45am)	LESMILLS RPM (6:30am - 7:20am)	LESMILLS sprint (6:30am - 7:00am) (7:15am - 7:45am)	LESMILLS RPM (6:30am - 7:20am)	LESMILLS sprint (6:30am - 7:00am) (7:15am - 7:45am)	LESMILLS RPM (6:30am - 7:20am)	LESMILLS sprint (6:30am - 7:00am)
7:45 AM 8:00 AM	LESMILLS RPM (8:00am - 8:50am)	LESMILLS RPM (8:00 am- 8:50am)	LESMILLS RPM (8:00 am- 8:50am)	LESMILLS RPM (8:00 am- 8:50am)	LESMILLS RPM (8:00 am- 8:50am)	LESMILLS sprint (7:45am - 8:15am)	LESMILLS RPM (7:30am-8:20am)
8:30 AM						LIVE CYCLE 55 MIN (KIM)	LESMILLS sprint (8:30am - 9:00am)
9:30 AM - 10:30 AM	LIVE CYCLE (KELLY)	LESMILLS RPM (9:30am - 10:20am)	LIVE CYCLE (LAURIE)	LESMILLS RPM (9:30am - 10:20am)	LIVE CYCLE (JEANNIE)	LESMILLS RPM (10:00am - 10:50am)	LESMILLS RPM (9:30am - 10:20am)
10:30 AM - 11:30 AM	LESMILLS sprint (10:45am - 11:15am)	LESMILLS RPM (10:30am - 11:20am)	LESMILLS sprint (10:45am - 11:15am)	LESMILLS RPM (10:30am - 11:20am)	LESMILLS sprint (10:45am - 11:15am)		LESMILLS sprint (10:45am - 11:15am)
11:30 AM - 12:20 PM	LESMILLS RPM (11:30 am - 12:20 am)	LESMILLS sprint (11:30am - 12:00pm)	LESMILLS RPM (11:30 am - 12:20 am)	LESMILLS sprint (11:30am - 12:00pm)	LESMILLS RPM (11:30 am - 12:20 am)	LESMILLS sprint (11:30am - 12:00pm)	LESMILLS RPM (11:30 am - 12:20 am)
12:30 PM - 1:00 PM	LESMILLS sprint (12:30pm - 1pm )	LESMILLS RPM (12:30pm - 1:20pm)	LESMILLS sprint (12:30pm - 1pm )	LESMILLS RPM (12:30pm - 1:20pm)	LESMILLS sprint (12:30pm - 1pm )	LESMILLS RPM (12:30pm - 1:20pm)	LESMILLS sprint (12:30pm - 1pm )
1:30 PM - 2:30 PM	LESMILLS RPM (1:30pm - 2:20pm)	LESMILLS sprint (1:30pm - 2:00pm)	LESMILLS RPM (1:30pm - 2:20pm)	LESMILLS sprint (1:30pm - 2:00pm)	LESMILLS RPM (1:30pm - 2:20pm)	LESMILLS sprint (1:30pm - 2:00pm)	LESMILLS RPM (1:30pm - 2:20pm)
2:30 PM - 3:30 PM	LESMILLS sprint (2:30pm - 3:00pm)	LESMILLS RPM (2:30pm - 3:20pm )	LESMILLS sprint (2:30pm - 3:00pm)	LESMILLS RPM (2:30pm - 3:20pm )	LESMILLS sprint (2:30pm - 3:00pm)	LESMILLS RPM (2:30pm - 3:20pm )	LESMILLS sprint (2:30pm - 3:00pm)
3:30 PM - 4:20 PM	LESMILLS RPM (3:30pm-4:20pm)	LESMILLS sprint (3:30pm - 4:00pm)	LESMILLS RPM (3:30pm-4:20pm)	LESMILLS sprint (3:30pm - 4:00pm)	LESMILLS RPM (3:30pm-4:20pm)	LESMILLS sprint (3:30pm - 4:00pm)	LESMILLS RPM (3:30pm-4:20pm)
4:30 PM - 5:00 PM	LESMILLS sprint (4:30pm - 5:00pm)	LESMILLS RPM (4:30pm - 5:20 pm)	LESMILLS sprint (4:30pm - 5:00pm)	LESMILLS RPM (4:30pm - 5:20 pm)	LESMILLS sprint (4:30pm - 5:00pm)	LESMILLS RPM (4:30pm - 5:20 pm)	LESMILLS sprint (4:30pm - 5:00pm)
5:30 PM - 6:20 PM	LESMILLS RPM (5:30pm - 6:20pm)	LIVE CYCLE 55 MIN (KIM)	LESMILLS RPM (5:30pm - 6:20pm)	LIVE CYCLE 55 MIN (ROTATING)	LESMILLS RPM (5:30pm - 6:20pm)	LESMILLS sprint (5:30pm - 6:00pm)	LESMILLS RPM (5:30pm - 6:20pm)

# JUNE & JULY



## Barre/Yoga/Virtual (Studio 3)

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)
6:30 AM	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
7:30 AM	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)
8:30 AM	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	VINYASA FLOW (CAROLINE)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	VINYASA FLOW (CAROLINE)	MAT PILATES (ANNIE)	POWER YOGA (BENEDICTE)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)
9:30 AM	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	BOOTYBARRE (LAURIE)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	BARRE (ANNIE)	LES MILLS <b>CORE</b> 9:45AM (30 MIN VIRTUAL)	BARRE (ANNIE)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)
10:30 AM	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> 10:45AM (30 MIN VIRTUAL)	MAT PILATES (ANNIE)	LES MILLS <b>CORE</b> 10:45AM (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> 10:45AM (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
11:30 AM	SILVER SNEAKERS (CAROLINE)	SILVER SNEAKERS (CAROLINE)	LES MILLS <b>BODYFLOW</b> 11:45AM (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	SILVER SNEAKERS (CAROLINE)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
12:45 PM	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (45 MIN VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (45 MIN VIRTUAL)
1:30 PM	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
2:30 PM	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)
3:30 PM	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> 3:45PM (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)
4:30 PM	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)
6:00 PM	POWER YOGA (BENEDICTE)	LES MILLS <b>BODYATTACK</b> (VIRTUAL)	ESSENTIAL YOGA (BENEDICTE)	LES MILLS <b>BODYFLOW</b> (VIRTUAL)	LES MILLS <b>BODYATTACK</b> (VIRTUAL) 5:30 PM	LES MILLS <b>BODYFLOW</b> (VIRTUAL - 5:30PM)	LES MILLS <b>CORE</b> (45 MIN VIRTUAL - 5:30PM)