

AUGUST

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
(PAM)

8:30 AM

TABATA
(SHELLEY)

9:30 AM

TOTAL BODY TONE
(SHELLEY)

10:30 AM

 ZUMBA
(KAREN)



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
(RACHEL)

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

AUGUST



Cycle - live/virtual
(Studio 2)

MON

TUE

WED

THUR

FRI

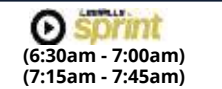
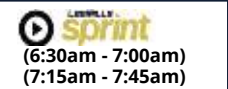
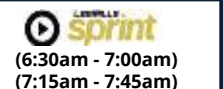
SAT

SUN

5:30 AM



6:30 AM
7:15 AM



7:45 AM
8:00 AM



8:30 AM

LIVE CYCLE
(KIM)



9:30 AM -
10:30 AM

LIVE CYCLE
(KELLY)



LIVE CYCLE
(LAURIE)



LIVE CYCLE
(MARGARET)



10:30 AM -
11:30 AM



11:30 AM -
12:20 PM



12:30 PM -
1:00 PM



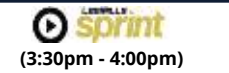
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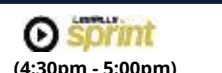
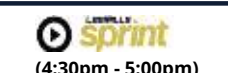
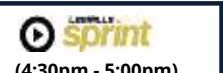
2:30 PM -
3:30 PM



3:30 PM -
4:20 PM



4:30 PM -
5:00 PM



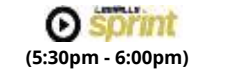
5:30 PM -
6:20 PM



LIVE CYCLE
55 MIN (KIM)



LIVE CYCLE
55 MIN (ROTATING)



AUGUST



Barre/Yoga/Virtual (Studio 3)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

6:30 AM

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

7:30 AM

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(45 MIN VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

8:30 AM

LES MILLS
BODYATTACK
(VIRTUAL)

VINYASA FLOW
(CAROLINE)

MAT PILATES
(ANNIE)

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
BODYBALANCE
(45 MIN VIRTUAL)

BARRE
(ANNIE)

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

BARRE
(ANNIE)

LES MILLS
BODYBALANCE
(VIRTUAL)

10:30 AM

LES MILLS
BODYBALANCE
(45 MIN VIRTUAL)

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

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
CORE 10:45AM
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(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
BODYBALANCE 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
BODYBALANCE
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK
(45 MIN VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(45 MIN VIRTUAL)

1:30 PM

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

2:30 PM

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(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
BODYBALANCE
(VIRTUAL)

LES MILLS
CORE 3:45PM
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

4:30 PM

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
CORE
(45 MIN VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL)

LES MILLS
BODYBALANCE
(VIRTUAL)

6:00 PM

POWER YOGA
(BENEDICTE)

LES MILLS
BODYATTACK
(VIRTUAL)

ESSENTIAL YOGA
(BENEDICTE)

LES MILLS
BODYBALANCE
(VIRTUAL)

LES MILLS
BODYATTACK
(VIRTUAL) 5:30 PM

LES MILLS
BODYBALANCE
(VIRTUAL - 5:30PM)

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