OCTOBER

(JOY)

(BROOKE)

PLSEOLOGY FITNESS CLUB

Group X
(Studio 1)

4				P .			
	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM	BODYPUMP (TOVAH)				HIIT STRENGTH (BROOKE)		
6:30 AM							
7:30 AM	LesMills BODYPUMP (PAM)	tone (PAM)	BODYPUMP (RACHEL)	CORE & STRETCH (PAM)		8:00 AM BUILD & BURN	8:00 AM- 2:00 PM
8:30 AM	TABATA (SHELLEY)	KICKBOXING (JOY)	BODYPUMP (PAM)	tone (RACHEL)	BODYCOMBAT (RACHEL)	9:00 AM 32VMBA	PICKLEBALL (1 HR COURT
9:30 AM	TOTAL BODY TONE (SHELLEY)	(CHAMONI)	TABATA (JOY)	Lesmills BODYCOMBAT (TOVAH)	BODYPUMP (PAM)	(CHIKIS)	TIMES AVAILABLE)
10:30 AM	TVMBA (KAREN)		TONE & CRUNCH (JOY)	(PATRICIA)	11:00 PM- 7:00 PM	ROTATING - SEE APP)	please see front desk for more info
PICHLEBALL	12:00 PM- 3:00 PM PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front	12:00 PM- 3:00 PM PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front desk for more info	PICKLEBALL (1 HR COURT TIMES AVAILABLE please see front	PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front	PICKLEBALL (1 HR COURT TIMES AVAILABLE) please see front	
3:30 PM	(ELIZABETH)	desk for more info	(ELIZABETH)	desk for more info	desk for more info	desk for more info	
4:30 PM							
5:30 PM 6:00 PM	LESMILLS RODYPUMP	BODY BLAST	BODYPUMP (BROOKE)	tone (BROOKE)			

OCTOBER

LSEOLO FITNESS CLUB

Cycle - live/virtual (Studio 2)

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

5:30 PM 6:20PM

4:30 PM

5:00 PM

(5:30pm - 6:20pm)

O sprint

(4:30pm - 5:00pm)

RPM (4:30pm - 5:20 pm) **LIVE CYCLE**

55 MIN (KIM)

LesMills

O sprint (4:30pm - 5:00pm) LesMills

(5:30pm - 6:20pm)

O RPM (4:30pm - 5:20 pm) **LIVE CYCLE**

LesMills

55 MIN (SHELLEY)

(4:30pm - 5:00pm)

() Sprint LesMills

(5:30pm - 6:20pm)

(4:30pm - 5:20 pm) () Sprint

(5:30pm - 6:00pm)

() Sprint (4:30pm - 5:00pm)

LesMills (5:30pm - 6:20pm)

OCTOBER

POWER YOGA

(BENEDICTE)

(VIRTUAL)

6:00 PM

PLSEOLOGY

Barre/Yoga/Virtual (Studio 3)

● BODYBAL

(VIRTUAL - 5:30PM)

() CORE

(45 MIN VIRTUAL -5:30PM)

O RODYATTA

(VIRTUAL) 5:30 PM

<u>a</u>	7 3	' 'FIINESS CLUB				(Statio 5)		
	MON	TUE	WED	THUR	FRI	SAT	SUN	
5:30 AM	EREMILES RODYRALANCE (VIRTUAL)	EDDYATTACK (VIRTUAL)	(45 MIN VIRTUAL)	EDDYBALANCE (VIRTUAL)	CORE (45 MIN VIRTUAL)	ECONTACK (VIRTUAL)	EDDYRALANCE (VIRTUAL)	
6:30 AM	O LESMILLS RODVATTACK (VIRTUAL)	O EPEMILE (VIRTUAL)	O BODYATTACK (VIRTUAL)	(45 MIN VIRTUAL)	O LESMILLS (VIRTUAL)	EDEMILE (VIRTUAL)	(45 MIN VIRTUAL)	
7:30 AM	EPENALLS RODYRALANCE (VIRTUAL)	EPSMILLS RODYATTACK (45 MIN VIRTUAL)	EPEMALE RODYBALANCE (VIRTUAL)	O CORE (45 MIN VIRTUAL)	EPENALIS RODYBALANCE (45 MIN VIRTUAL)	(45 MIN VIRTUAL)	C RODYATTACK (VIRTUAL)	
8:30 AM	STRETCH & RECOVER 30 MINUTES (ANNMARIE)	VINYASA FLOW (CAROLINE)	MAT PILATES (ANNIE)	VINYASA FLOW (CAROLINE)	MAT PILATES (ANNIE)	POWER YOGA (BENEDICTE)	EESMILLS (VIRTUAL)	
9:30 AM	ESMILLS RODYATTACK (VIRTUAL)	BOOTYBARRE (LAURIE)	RODYBALANCE (45 MIN VIRTUAL)	BARRE (ANNIE)	(30 MIN VIRTUAL)	BARRE (ANNIE)	EPSMILE RODYBALANCE (VIRTUAL)	
10:30 AM	(45 MIN VIRTUAL)	(30 MIN VIRTUAL)	(45 MIN VIRTUAL)	(45 MIN VIRTUAL)	(45 MIN VIRTUAL)	OBODYALTACK 10:45AM (45 MIN VIRTUAL)	(45 MIN VIRTUAL)	
11:30 AM	SILVER SNEAKERS (CAROLINE)	SILVER SNEAKERS (CAROLINE)	(45 MIN VIRTUAL)	(45 MIN VIRTUAL)	SILVER SNEAKERS (CAROLINE)	LesMills RODYATTACK (VIRTUAL)	(45 MIN VIRTUAL)	
12:45 PM	(45 MIN VIRTUAL)	EDDYRALANCE (45 MIN VIRTUAL)	LesMILLS ROOYATTACK (45 MIN VIRTUAL)	(45 MIN VIRTUAL)	(45 MIN VIRTUAL)	EPSMILLS BODYATTACK (45 MIN VIRTUAL)	(45 MIN VIRTUAL)	
1:30 PM	ESMILLS ROOVATTACK (VIRTUAL)	(45 MIN VIRTUAL)	ECONOLIS (VIRTUAL)	ESMILLS RODYATTACK (VIRTUAL)	(45 MIN VIRTUAL)	O RODYBALANCE (VIRTUAL)	(45 MIN VIRTUAL)	
2:30 PM	O RODYRALANCE (VIRTUAL)	EesMills RODYATTACK (VIRTUAL)	(45 MIN VIRTUAL)	RODYBALANCE (VIRTUAL)	O BODYATTACK (VIRTUAL)	(45 MIN VIRTUAL)	EDENMILLS RODYATTACK (VIRTUAL)	
3:30 PM	O LesMILLS RODYATTACK (VIRTUAL)	O CORE (45 MIN VIRTUAL)	EPONTRALANCE (VIRTUAL)	(45 MIN VIRTUAL)	EPENILS RODYBALANCE (VIRTUAL)	O RODVATTACK (VIRTUAL)	(45 MIN VIRTUAL)	
4:30 PM	OCORE (45 MIN VIRTUAL)	EPEMILLS RODYBALANCE (VIRTUAL)	ECHALLS (VIRTUAL)	EPSMILE SOUTEALANCE (VIRTUAL)	O CORE (45 MIN VIRTUAL)	O BOOYATTACK (VIRTUAL)	EDYBALANCE (VIRTUAL)	

(VIRTUAL)

ESSENTIAL YOGA

(BENEDICTE)