

OCTOBER



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)

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

tone
(BROOKE)

HIIT STRENGTH
(BROOKE)

11:00 PM- 7:00 PM

PICKLEBALL
(1 HR COURT
TIMES
AVAILABLE)
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

8:00 AM- 2:00 PM

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

OCTOBER



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 (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 (MARGARET)	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 (SHELLEY)	LESMILLS RPM (5:30pm - 6:20pm)	LESMILLS sprint (5:30pm - 6:00pm)	LESMILLS RPM (5:30pm - 6:20pm)

OCTOBER



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

STRETCH & RECOVER
30 MINUTES
(ANNMARIE)

VINYASA FLOW
(CAROLINE)

MAT PILATES
(ANNIE)

VINYASA FLOW
(CAROLINE)

MAT PILATES
(ANNIE)

POWER YOGA
(BENEDICTE)

LES MILLS
BODYATTACK
(VIRTUAL)

9:30 AM

LES MILLS
BODYATTACK
(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 11:45AM
BODYBALANCE
(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)