

NOVEMBER

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)

 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**
(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

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

NOVEMBER



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)	LIVE CYCLE (BRETT)	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)

NOVEMBER



Barre/Yoga/Virtual (Studio 3)

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM	LESMILLS BODYBALANCE (VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)
6:30 AM	LESMILLS BODYATTACK (VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)	CORE (45 MIN VIRTUAL)
7:30 AM	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS 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)	LESMILLS BODYATTACK (VIRTUAL)
9:30 AM	PRIVATE YOGA (ANNMARIE)	BOOTYBARRE (LAURIE)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	BARRE (ANNIE)	CORE 9:45AM (30 MIN VIRTUAL)	BARRE (ANNIE)	LESMILLS BODYBALANCE (VIRTUAL)
10:30 AM	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	LESMILLS BODYATTACK 10:45AM (30 MIN VIRTUAL)	CORE (45 MIN VIRTUAL)	CORE 10:45AM (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	LESMILLS BODYATTACK 10:45AM (45 MIN VIRTUAL)	CORE (45 MIN VIRTUAL)
11:30 AM	SILVER SNEAKERS (CAROLINE)	SILVER SNEAKERS (CAROLINE)	LESMILLS BODYBALANCE 11:45AM (45 MIN VIRTUAL)	CORE (45 MIN VIRTUAL)	SILVER SNEAKERS (CAROLINE)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)
12:45 PM	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (45 MIN VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (45 MIN VIRTUAL)
1:30 PM	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)	CORE (45 MIN VIRTUAL)
2:30 PM	LESMILLS BODYBALANCE (VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)
3:30 PM	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)	CORE 3:45PM (45 MIN VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	CORE (45 MIN VIRTUAL)
4:30 PM	CORE (45 MIN VIRTUAL)	PRIVATE YOGA 4pm-5pm (ANNMARIE)	PRIVATE YOGA 4pm-5pm (ANNMARIE)	LESMILLS BODYBALANCE (VIRTUAL)	CORE (45 MIN VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL)	LESMILLS BODYBALANCE (VIRTUAL)
6:00 PM	VIN YIN YOGA (BENEDICTE)	LESMILLS BODYATTACK (VIRTUAL)	ESSENTIAL YOGA (BENEDICTE)	LESMILLS BODYBALANCE (VIRTUAL)	LESMILLS BODYATTACK (VIRTUAL) 5:30 PM	LESMILLS BODYBALANCE (VIRTUAL - 5:30PM)	CORE (45 MIN VIRTUAL -5:30PM)