

(JOY)

(BROOKE)

PLSEOLOGY FITNESS CLUB

Group X
(Studio 1)

-			7_8 A_8 L				
	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)	LESMILLS BODYCOMBAT (RACHEL)	9:00 AM 32VMBA	PICKLEBALL (1 HR COURT
9:30 AM	TOTAL BODY TONE (SHELLEY)	(CHAMONI)	TABATA (JOY)	LESMILLS BODYCOMBAT (TOVAH)	Lesmills BODYPUMP (PAM)	(CHIKIS) 10:00 AM LESMILLS	TIMES AVAILABLE)
10:30 AM	2VMBA (ALMA)		TONE & CRUNCH (JOY)	ZVMBA (PATRICIA)	11:00 PM- 7:00 PM	BODYPUMP (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)	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	PICKLEBALL (1 HR COURT TIMES AVAILABLE)	PICKLEBALL (1 HR COURT TIMES AVAILABLE)	
3:30 PM	32VMBA (ELIZABETH)	please see front desk for more info	@ZVMBA (ELIZABETH)	please see front desk for more info	please see front desk for more info	please see front desk for more info	
4:30 PM							
5:30 PM 6:00 PM	LesMills	BODY BLAST	Lesmills BODYPUMP (BROOKE)	tone (BROOKE)			

JANUARY

LSEOLOGY FITNESS CLUB

Cycle - live/virtual (Studio 2)

MON TUE WED **THUR** FRI SAT SUN LESMILLS 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 () Sprint LesMills (Sprint LesMills LesMills () Sprint 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 O (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 **LIVE CYCLE** LIVE CYCLE LesMills LIVE CYCLE LIVE CYCLE (D) RPM 9:30 AM (KELLY) (MARGARET) 10:30 AM (LAURIE) LesMills (BRETT) (9:30am - 10:20am) (9:30am - 10:20am) (10:00am - 10:50am) LesMills LesMills 10:30 AM () Sprint **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 LesMills () Sprint LesMills **○** RPM \odot (Sprint 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 () Sprint () 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 () Sprint LesMills () Sprint (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 O 3:30 PM (2:30pm - 3:00pm) (2:30pm - 3:00pm) (2:30pm - 3:00pm) (2:30pm - 3:20pm) (2:30pm - 3:20pm) (2:30pm - 3:00pm) (2:30pm - 3:20pm) LesMills LesMills LesMills (Sprint LesMills O () 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) LesMills LesMills () Sprint

5:30 PM 6:20PM

4:30 PM

5:00 PM

(5:30pm - 6:20pm)

(4:30pm - 5:00pm)

55 MIN (KIM)

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

RPM

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

(Sprint

(5:30pm - 6:20pm)

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

55 MIN (SHELLEY)

LesMills

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

(5:30pm - 6:20pm)

(4:30pm - 5:20 pm)

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

() Sprint LesMills (5:30pm - 6:00pm) (5:30pm - 6:20pm) **JANUARY**

PLSEOLOGY FITNESS CLUB

MIND-BODY (Studio 3)

	TITNESS CEUD											
	MON	TUE	WED	THUR	FRI	SAT	SUN					
7:30 AM												
8:30 AM	STRETCH & RECOVER (30 MIN) (ANNMARIE)	VINYASA FLOW (CAROLINE)	MAT PILATES (ANNIE)	VINYASA FLOW (CAROLINE)	MAT PILATES (ANNIE)	POWER YOGA (BENEDICTE)						
9:30 AM	PRIVATE YOGA (ANNMARIE)	BOOTYBARRE (LAURIE)		BARRE (ANNIE)		BARRE (ANNIE)						
10:30 AM												
11:30 AM	SILVER SNEAKERS (CAROLINE)	SILVER SNEAKERS (CAROLINE)			SILVER SNEAKERS (CAROLINE)							
4:00 PM		PRIVATE YOGA 4pm-5pm (ANNMARIE)	PRIVATE YOGA 4pm-5pm (ANNMARIE)									
6:00 PM	VIN YIN YOGA (BENEDICTE)		ESSENTIAL YOGA (BENEDICTE)									