

# MAY

# 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  
(ALMA)

11:30 AM

SILVER SNEAKERS  
(CAROLINE)



1:00 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)

SILVER SNEAKERS  
(CAROLINE)

1:00 PM- 5:00 PM

PICKLEBALL  
(1 HR COURT  
TIMES  
AVAILABLE)

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

SPIN & SCULPT  
55 MIN (ROTATION)

STARTS IN SPIN  
ROOM

HIIT STRENGTH  
(BROOKE)

LES MILLS  
**BODYCOMBAT**  
(RACHEL)

LES MILLS  
**BODYPUMP**  
(PAM)

SILVER SNEAKERS  
(CAROLINE)

1:00 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  
(KAREN)

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

# MAY

# PULSEology FITNESS CLUB

Cycle - live/virtual  
(Studio 2)

MON

TUE

WED

THUR

FRI

SAT

SUN

5:30 AM

LES MILLS  
**RPM**  
(5:30am-6:20am)

LES MILLS  
**THE TRIP**  
(5:30am-6:15am)

LES MILLS  
**RPM**  
(5:30am-6:20am)

LES MILLS  
**THE TRIP**  
(5:30am-6:15am)

LES MILLS  
**RPM**  
(5:30am-6:20am)

LES MILLS  
**THE TRIP**  
(5:30am-6:15am)

LES MILLS  
**RPM**  
(5:30am-6:20am)

6:30 AM  
7:15 AM

LES MILLS  
**sprint**  
(6:30am - 7:00am)  
(7:15am - 7:45am)

LES MILLS  
**RPM**  
(6:30am - 7:20am)

LES MILLS  
**sprint**  
(6:30am - 7:00am)  
(7:15am - 7:45am)

LES MILLS  
**RPM**  
(6:30am - 7:20am)

LES MILLS  
**sprint**  
(6:30am - 7:00am)  
(7:15am - 7:45am)

LES MILLS  
**RPM**  
(6:30am - 7:20am)

LES MILLS  
**sprint**  
(6:30am - 7:00am)

7:45 AM  
8:00 AM

LES MILLS  
**THE TRIP**  
(8:00am - 8:45am)

LES MILLS  
**RPM**  
(8:00 am - 8:50am)

LES MILLS  
**THE TRIP**  
(8:00 am - 8:45am)

LES MILLS  
**RPM**  
(8:00 am - 8:50am)

LES MILLS  
**THE TRIP**  
(8:00 am - 8:45am)

LES MILLS  
**sprint**  
(7:45am - 8:15am)

LES MILLS  
**THE TRIP**  
(7:30am-8:15am)

8:30 AM

**LIVE CYCLE**  
(KIM)

LES MILLS  
**sprint**  
(8:30am - 9:00am)

9:30 AM -  
10:30 AM

**LIVE CYCLE**  
(KELLY)

LES MILLS  
**THE TRIP**  
(9:30am - 10:15am)

**LIVE CYCLE**  
(LAURIE)

LES MILLS  
**THE TRIP**  
(9:30am - 10:15am)

**LIVE CYCLE**  
(BRETT)

LES MILLS  
**THE TRIP**  
(10:00am - 10:45am)

LES MILLS  
**RPM**  
(9:30am - 10:20am)

10:30 AM -  
11:30 AM

LES MILLS  
**sprint**  
(10:45am - 11:15am)

LES MILLS  
**RPM**  
(10:30am - 11:20am)

LES MILLS  
**sprint**  
(10:45am - 11:15am)

LES MILLS  
**RPM**  
(10:30am - 11:20am)

LES MILLS  
**sprint**  
(10:45am - 11:15am)

LES MILLS  
**sprint**  
(10:45am - 11:15am)

11:30 AM -  
12:20 PM

LES MILLS  
**RPM**  
(11:30 am - 12:20 am)

LES MILLS  
**sprint**  
(11:30am - 12:00pm)

LES MILLS  
**THE TRIP**  
(11:30 am - 12:15 am)

LES MILLS  
**sprint**  
(11:30am - 12:00pm)

LES MILLS  
**RPM**  
(11:30 am - 12:20 am)

LES MILLS  
**sprint**  
(11:30am - 12:00pm)

LES MILLS  
**THE TRIP**  
(11:30 am - 12:15 am)

12:30 PM -  
1:00 PM

LES MILLS  
**sprint**  
(12:30pm - 1pm )

LES MILLS  
**RPM**  
(12:30pm - 1:20pm)

LES MILLS  
**sprint**  
(12:30pm - 1pm )

LES MILLS  
**RPM**  
(12:30pm - 1:20pm)

LES MILLS  
**sprint**  
(12:30pm - 1pm )

LES MILLS  
**RPM**  
(12:30pm - 1:20pm)

LES MILLS  
**sprint**  
(12:30pm - 1pm )

1:30 PM -  
2:30 PM

LES MILLS  
**THE TRIP**  
(1:30pm - 2:15pm)

LES MILLS  
**sprint**  
(1:30pm - 2:00pm)

LES MILLS  
**RPM**  
(1:30pm - 2:20pm)

LES MILLS  
**sprint**  
(1:30pm - 2:00pm)

LES MILLS  
**THE TRIP**  
(1:30pm - 2:15pm)

LES MILLS  
**sprint**  
(1:30pm - 2:00pm)

LES MILLS  
**RPM**  
(1:30pm - 2:20pm)

2:30 PM -  
3:30 PM

LES MILLS  
**sprint**  
(2:30pm - 3:00pm)

LES MILLS  
**RPM**  
(2:30pm - 3:20pm )

LES MILLS  
**sprint**  
(2:30pm - 3:00pm)

LES MILLS  
**RPM**  
(2:30pm - 3:20pm )

LES MILLS  
**sprint**  
(2:30pm - 3:00pm)

LES MILLS  
**RPM**  
(2:30pm - 3:20pm )

LES MILLS  
**sprint**  
(2:30pm - 3:00pm)

3:30 PM -  
4:20 PM

LES MILLS  
**RPM**  
(3:30pm-4:20pm)

LES MILLS  
**sprint**  
(3:30pm - 4:00pm)

LES MILLS  
**THE TRIP**  
(3:30pm-4:15pm)

LES MILLS  
**sprint**  
(3:30pm - 4:00pm)

LES MILLS  
**RPM**  
(3:30pm-4:20pm)

LES MILLS  
**sprint**  
(3:30pm - 4:00pm)

LES MILLS  
**THE TRIP**  
(3:30pm-4:15pm)

4:30 PM -  
5:00 PM

LES MILLS  
**sprint**  
(4:30pm - 5:00pm)

LES MILLS  
**RPM**  
(4:30pm - 5:20 pm)

LES MILLS  
**sprint**  
(4:30pm - 5:00pm)

LES MILLS  
**RPM**  
(4:30pm - 5:20 pm)

LES MILLS  
**sprint**  
(4:30pm - 5:00pm)

LES MILLS  
**RPM**  
(4:30pm - 5:20 pm)

LES MILLS  
**sprint**  
(4:30pm - 5:00pm)

5:30 PM -  
6:20 PM

LES MILLS  
**THE TRIP**  
(5:30pm - 6:15pm)

**LIVE CYCLE**  
55 MIN (KIM)

LES MILLS  
**RPM**  
(5:30pm - 6:20pm)

**SPIN & SCULPT**  
55 MIN (ROTATION)

LES MILLS  
**THE TRIP**  
(5:30pm - 6:15pm)

LES MILLS  
**sprint**  
(5:30pm - 6:00pm)

LES MILLS  
**RPM**  
(5:30pm - 6:20pm)

**MAY**

**PULSEology**  
FITNESS CLUB

**MIND-BODY**  
(Studio 3)

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

**SUN**

**7:30 AM**

**8:30 AM**

**9:30 AM**

**10:30 AM**

**STRETCH &  
RECOVER (30 MIN)**  
(ANNMARIE)

**VINYASA FLOW**  
(CAROLINE)

**MAT PILATES**  
(ANNIE)

**VINYASA FLOW**  
(CAROLINE)

**MAT PILATES**  
(ANNIE)

**POWER YOGA**  
(BENEDICTE)

**PRIVATE YOGA**  
(ANNMARIE)

**BOOTYBARRE**  
(LAURIE)

**BARRE**  
(ANNIE)

**ESSENTIAL YOGA**  
(AMY)

**RESTORATIVE  
YOGA**  
(BERNADETTE/AMY)

**4:00 PM**

**6:00 PM**

**PRIVATE YOGA**  
4pm-5pm  
(ANNMARIE)

**PRIVATE YOGA**  
4pm-5pm  
(ANNMARIE)

**FLOW & STRETCH**  
(BENEDICTE)

**ESSENTIAL YOGA**  
(BENEDICTE)

**PLEASE SEE FRONT DESK TO SCHEDULE PRIVATE YOGA SESSIONS**