

DECEMBER

PULSEology
FITNESS CLUB

Group X (Studio 1)

MON

TUE

WED

THUR

FRI

SAT

SUN

7:30 AM

LES MILLS
BODYPUMP
(Pam)

7:30 AM

tone
(Pam)

7:30 AM

LES MILLS
BODYPUMP
(Pam)

7:30 AM

HIIT, CORE &
RECOVERY
(Pam)

5:30 AM

HIIT Strength
(Brooke)

8:30 AM

TABATA
(Shelley)

8:30 AM

KICKBOXING
(Joy)

8:30 AM

LES MILLS
BODYPUMP
(Tovah)

8:30 AM

Dance Blast & Shred
(Jen)

8:30 AM

LES MILLS
BODYCOMBAT
(Tovah)

8:00 AM

BUILD & BURN
(Joy)

9:30 AM

TOTAL BODY TONE
(Shelley)

9:30 AM

 **ZUMBA**
(Patricia)

9:30 AM

TABATA
(Joy)

9:30 AM

LES MILLS
BODYCOMBAT
(Tovah)

9:30 AM

LES MILLS
BODYPUMP
(Pam)

9:00 AM

 **ZUMBA**
(Chikis)

10:30 AM

 **ZUMBA**
(Melissa)

10:30 AM

CORE IGNITE
(Ryan)

10:30 AM

Tone & Crunch
(Joy)

10:30 AM

 **ZUMBA**
(Patricia)

10:00 AM

LES MILLS
BODYPUMP
(ROTATING - SEE APP)

11:30 AM

SILVER SNEAKERS
(Caroline)

11:30 AM

SILVER SNEAKERS
(Caroline)

11:30 AM

SILVER SNEAKERS
(Ryan)

11:30 AM

SILVER SNEAKERS
(Caroline)

3:30 PM

 **ZUMBA**
(Alma)

3:30 PM

 **ZUMBA**
(Patricia)

5:30 PM

LES MILLS
BODYPUMP
(Brooke)

6:00 PM

LES MILLS
BODYPUMP
(Brooke)

6:00 PM

Body Blast Bootcamp
(Joy)

DECEMBER



YOGA/SPIN

(Studio 2)

MON

TUE

WED

THUR

FRI

SAT

SUN

8:30 AM

STRETCH &
RECOVER (30 MINS)

(ALISON)

8:30 AM

VINYASA FLOW

(CAROLINE)

8:30 AM

MAT PILATES

(SHEA)

8:30 AM

VINYASA FLOW

(CAROLINE)

8:30 AM

ESSENTIAL YOGA

(SHEA)

8:30 AM

FLOW & STRETCH

(KAYLA)

9:30 AM

INSPIRED YOGA

(KAYLA)

9:30 AM

CARDIO
SCULPT FUSION

(KATIE)

9:45 AM

CYCLE

(MALLORIE)

9:30 AM

SCULPT FUSION

(KATIE)

9:30 AM

MAT PILATES

(SHEA)

9:30 AM

BARRE & BEYOND

(DELANIE)

10:35 AM

CYCLE

(DELANIE)

12:00 PM

TAI CHI

(BENEDICTE)

5:00 PM

MAT PILATES

(SHEA)

5:30 PM

CYCLE

(DELANIE)

5:30 PM

CYCLE & SCULPT

(TRISH)

6:00 PM

FLOW & STRETCH

(BENEDICTE)

6:00 PM

RESTORATIVE
CANDLELIGHT
YOGA
(SHEA)

6:30 PM

INVIGORATING
YOGA

(BENEDICTE)