



# Class Schedule





CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS RPM</b> 5:15AM - 6:00AM Salliejo	<b>LES MILLS RPM</b> 9:30AM - 10:15AM Marissa	<b>LES MILLS sprint</b> 5:15AM - 5:45AM Salliejo	<b>LES MILLS RPM</b> 9:30AM - 10:15AM Barb	<b>LES MILLS RPM</b> 5:10AM - 5:55AM Ashley	<b>LES MILLS RPM</b> 8:05AM - 8:50AM Kristen	
<b>LES MILLS RPM</b> 5:30PM - 6:15PM Barb	<b>LES MILLS RPM</b> 12:05PM - 12:50PM Barb	<b>LES MILLS RPM</b> 7:00AM - 7:45AM Amy	<b>LES MILLS sprint</b> 12:05PM - 12:35PM Elise	<b>LES MILLS sprint</b> 5:00PM - 5:30PM Jamin, Josh		
	<b>LES MILLS sprint</b> 4:55PM - 5:25PM Jamin, Tanner	<b>LES MILLS RPM</b> 5:30PM - 6:15PM Kristen				



# Class Schedule

Group Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 5:15AM - 6:10AM Anne	<b>LES MILLS BODYFLOW</b> 5:15AM - 6:00AM Kay	<b>LES MILLS BODYPUMP</b> 5:15AM - 6:10AM Kellee	<b>LES MILLS BODYATTACK</b> 5:15AM - 6:10AM Gretchen	<b>LES MILLS BODYPUMP</b> 5:10AM - 5:55AM Salliejo	<b>LES MILLS BODYPUMP</b> 9:15AM - 10:10AM Anne	
<b>LES MILLS BODYFLOW</b> 8:00AM - 9:00AM Kay	<b>LES MILLS CXWORX</b> 9:00AM - 9:30AM Kristen	<b>LES MILLS BODYFLOW</b> 8:00AM - 9:00AM Kay	<b>LES MILLS CXWORX</b> 9:00AM - 9:30AM Robyn	<b>LES MILLS CXWORX</b> 6:00AM - 6:30AM Jennifer	<b>LES MILLS BODYFLOW</b> 10:20AM - 11:20AM Instructor	
<b>LES MILLS BODYVIVE 3.1</b> 9:00AM - 9:45AM Robyn	<b>LES MILLS BODYCOMBAT</b> 9:40AM - 10:40AM Leisel	<b>LES MILLS BODYVIVE 3.1</b> 9:00AM - 9:45AM Robyn	<b>LES MILLS BODYATTACK</b> 9:40AM - 10:35AM Robyn	<b>LES MILLS BODYVIVE 3.1</b> 8:00AM - 8:45AM Kay		
<b>LES MILLS BODYPUMP</b> 10:00AM - 10:55AM Cherri	<b>LES MILLS BODYFLOW</b> 10:45AM - 11:45AM Jennifer	<b>LES MILLS BODYPUMP</b> 10:00AM - 10:55AM Cherri	<b>LES MILLS BODYFLOW</b> 10:45AM - 11:45AM Jennifer	 9:00AM - 10:00AM Chani		
<b>LES MILLS BODYSTEP CLASSIC</b> 4:15PM - 5:15PM Angela	<b>LES MILLS BODYPUMP</b> 5:30PM - 6:25PM Kris	<b>LES MILLS BODYCOMBAT</b> 4:15PM - 5:10PM Katie	<b>LES MILLS BODYPUMP</b> 5:30PM - 6:25PM Kasey	 5:45PM - 6:45PM Instructor		
 5:45PM - 6:45PM Amy	<b>LES MILLS BODYFLOW</b> 6:30PM - 7:30PM Elise	 5:45PM - 6:45PM Amy				

**LES MILLS**  
**BODYATTACK**

BODYATTACK™ is a high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**LES MILLS**  
**BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

**LES MILLS**  
**BODYFLOW**

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

**LES MILLS**  
**BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

**LES MILLS**  
**BODYSTEP CLASSIC**

BODYSTEP™ is basic stepping, just like walking up and down stairs. This full-body cardio workout will really tone your butt and thighs.

**LES MILLS**  
**BODYVIVE 3.1**

BODYVIVE™ features the optimal mix of strength, cardio and core training. With three workouts in one, this is a great cross training option for busy people on the go!

**LES MILLS**  
**CXWORX**

CXWORX™ provides the vital ingredient for a stronger body while chiselling your waist line. A stronger core makes you better at all things you do – it's the glue that holds everything together.

**LES MILLS**  
**RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

**LES MILLS**  
**sprint**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.



A blend of Yoga focusing on strengthening and lengthening muscles while connecting the mind and body to relax and harmonize.



A dance based class that combines Latin Flavor and International Zest!



## Group Fitness Class Schedule