







Group Fitness, Cycle Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|--------|
|  9:15AM - 10:15AM Group Fitness Schedule Instructor | LES MILLS RPM 5:10AM - 5:55AM CYCLE STUDIO Carrie |  9:15AM - 10:15AM Group Fitness Schedule Instructor | LES MILLS RPM 5:10AM - 5:55AM CYCLE STUDIO Shannon |  9:15AM - 10:15AM Group Fitness Schedule Instructor | LES MILLS RPM 8:15AM - 9:00AM CYCLE STUDIO Janelle | |
| LES MILLS BODYPUMP 12:00PM - 12:55PM Group Fitness Schedule Araceli, Kris | LES MILLS BODYFLOW 4:15PM - 5:15PM Group Fitness Schedule Angela | LES MILLS BODYPUMP 5:30PM - 6:25PM Group Fitness Schedule Gina | LES MILLS BODYPUMP 9:30AM - 10:25AM Group Fitness Schedule Araceli | | LES MILLS BODYPUMP 9:15AM - 10:10AM Group Fitness Schedule Gina | |
| LES MILLS BODYPUMP 5:30PM - 6:25PM Group Fitness Schedule Kelsey | LES MILLS sprint 5:30PM - 6:00PM CYCLE STUDIO Carrie | | LES MILLS BODYFLOW 4:15PM - 5:15PM Group Fitness Schedule Angela | |  10:30AM - 11:30AM Group Fitness Schedule Instructor | |
| LES MILLS RPM 5:30PM - 6:15PM CYCLE STUDIO Janelle | | | LES MILLS BODYSTEP CLASSIC 5:30PM - 6:15PM Group Fitness Schedule Angela | | | |



Group Fitness, Cycle Schedule

CYCLE STUDIO

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|-----------|--|--------|--|--------|
| LES MILLS RPM 5:30PM - 6:15PM Janelle | LES MILLS RPM 5:10AM - 5:55AM Carrie LES MILLS sprint 5:30PM - 6:00PM Carrie | | LES MILLS RPM 5:10AM - 5:55AM Shannon | | LES MILLS RPM 8:15AM - 9:00AM Janelle | |



Group Fitness, Cycle Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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.

 **JAZZERCISE**

Combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn! Class is a Fee based program, please contact the front desk for information on how to participate!

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.



Group Fitness, Group Cycling Schedule