



Class Schedule

CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS RPM 5:15AM - 6:00AM Ashley	LES MILLS RPM 9:40AM - 10:25AM Amy	sprint 5:15AM - 5:45AM Ashley	LES MILLS RPM 9:40AM - 10:25AM Amy	LES MILLS RPM 5:10AM - 5:55AM Ashley, Carrie	LES MILLS RPM 8:05AM - 8:50AM Kristen	
LES MILLS RPM 5:30PM - 6:15PM Barb	sprint 4:55PM - 5:25PM Amanda	LES MILLS RPM 5:30PM - 6:15PM Kristen				
	LES MILLS RPM 6:00PM - 6:45PM Instructor					

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS BODYPUMP 5:15AM - 6:10AM Anne</p>	<p>LES MILLS BODYFLOW 5:15AM - 6:15AM Kay</p>	<p>LES MILLS BODYPUMP 5:15AM - 6:10AM Kasey</p>	<p>LES MILLS BODYATTACK 5:15AM - 6:10AM Gretchen</p>	<p>LES MILLS BODYPUMP 5:10AM - 5:55AM Gretchen</p>	<p>LES MILLS BODYATTACK 8:05AM - 9:05AM Gretchen, Robyn</p>	
<p>LES MILLS BODYFLOW 8:00AM - 9:00AM Kay</p>	<p>LES MILLS CXWORX 9:00AM - 9:30AM Robyn</p>	<p>LES MILLS BODYFLOW 8:00AM - 9:00AM Kay</p>	<p>LES MILLS CXWORX 9:00AM - 9:30AM Robyn</p>	<p>LES MILLS CXWORX 6:00AM - 6:30AM Jennifer</p>	<p>LES MILLS BODYPUMP 9:15AM - 10:10AM Anne</p>	
<p>LES MILLS tone 9:00AM - 9:45AM Robyn</p>	<p>LES MILLS BODYCOMBAT 9:40AM - 10:40AM Leisel</p>	<p>LES MILLS tone 9:00AM - 9:45AM Robyn</p>	<p>LES MILLS BODYATTACK 9:40AM - 10:40AM Robyn</p>	<p>LES MILLS tone 8:00AM - 8:45AM Mindy</p>	<p>LES MILLS BODYFLOW 10:20AM - 11:20AM Instructor</p>	
<p>LES MILLS BODYPUMP 10:00AM - 10:55AM Cherri</p>	<p>LES MILLS BODYFLOW 10:45AM - 11:45AM Jennifer</p>	<p>LES MILLS BODYPUMP 10:00AM - 10:55AM Cherri</p>	<p>LES MILLS BODYFLOW 10:45AM - 11:45AM Jennifer</p>	<p>YOGA 9:00AM - 10:00AM Chani</p>		
<p>YOGA 12:00PM - 1:00PM Julie</p>	<p>LES MILLS BODYPUMP 12:00PM - 12:45PM Kellee</p>	<p>YOGA 12:00PM - 1:00PM Julie</p>	<p>LES MILLS BODYPUMP 12:00PM - 12:45PM Amanda</p>	<p>LES MILLS BODYPUMP 10:10AM - 11:05AM Meghan</p>		
<p>LES MILLS BODYATTACK 4:30PM - 5:15PM Caitlin</p>	<p>LES MILLS BODYPUMP 5:30PM - 6:25PM Kris</p>	<p>LES MILLS BODYCOMBAT 4:30PM - 5:30PM Katie</p>	<p>LES MILLS BODYPUMP 5:30PM - 6:25PM Kellee</p>			
<p>LES MILLS tone 5:30PM - 6:25PM Kristen</p>	<p>LES MILLS BODYFLOW 6:30PM - 7:30PM Elise</p>	<p>ZUMBA 5:30PM - 6:30PM Amy</p>				
<p>ZUMBA 6:30PM - 7:30PM Gina</p>						

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
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
tone

Les Mills Tone will burn calories and help you build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.

LES MILLS
RPM

RPM™ is an indoor cycling class, set to the

rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

sprint

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

YOGA

Hath-Flow Yoga - A blend of Yoga focusing on strengthening and lengthening muscles while connecting the mind and body to relax and harmonize. This is the Friday class format.

ZUMBA

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



Group Fitness Class Schedule