

group training studio

| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|----------------------|----------------------|--------------------|--------------------|-----------------------|--------------------|-----|
| 830am | Strength Development | LES MILLS BODYPUMP | LES MILLS BODYSTEP | LES MILLS BODYPUMP | LES MILLS tone | LES MILLS BODYPUMP | |
| 930am | LES MILLS Shapes | LES MILLS CORE | stretch & Flow | LES MILLS CORE | LES MILLS BODYBALANCE | LES MILLS sprint | |
| 1045am | SilverSneakers | ageless FITNESS | SilverSneakers | ageless FITNESS | SilverSneakers | | |
| 530pm | LES MILLS BODYPUMP | | LES MILLS BODYPUMP | LES MILLS sprint | | | |
| 6pm | | | | LES MILLS CORE | | | |
| 615pm | | LES MILLS RPM | | | | | |
| 630pm | step FIT | | LES MILLS CORE | | | | |
| 7pm | | LES MILLS BODYCOMBAT | ZUMBA | ZUMBA | | | |
| 730pm | ZUMBA | | | | | | |

Scan here!

