

group training studio

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
830am	LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYPUMP	
930am	LES MILLS Shapes	YOGA stretch	LES MILLS Shapes	YOGA stretch	YOGA stretch	LES MILLS Shapes	
1045am	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers	SilverSneakers	ZUMBA <small>* 10:30am</small>	
5pm		LES MILLS tone EXPRESS		LES MILLS DANCE EXPRESS			
530pm	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS BODYPUMP	Strength Development			
615pm		LES MILLS BODYBALANCE		LES MILLS BODYCOMBAT			
630pm	LES MILLS CORE						
7pm	ZUMBA	ZUMBA	ZUMBA	ZUMBA toning			

cycle studio

5am	Cycle					Cycle	
6am		Cycle		Cycle			
830am	Cycle	Cycle rhythm	Cycle + WEIGHTS		Cycle	Cycle	
930am				LES MILLS sprint			
530pm	Cycle + WEIGHTS						
630pm		LES MILLS sprint	LES MILLS RPM				

Scan here!

