

group training studio

cycle studio

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6am		LES MILLS GRIT	Strength Development	LES MILLS GRIT			
830am	LES MILLS BODYPUMP	LES MILLS tone	ZUMBA	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	
930am	LES MILLS Shapes	CORE tabata	LES MILLS BODYBALANCE	YOGA stretch	BARRECORE	ZUMBA	
1030am	SilverSneakers	SilverSneakers	Chair Yoga	ZUMBA	SilverSneakers		
430pm	stepFIT		stepFIT				
500pm	GLUTE CAMP		CORE 30				
530pm	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS tone			
630pm	ZUMBA	LES MILLS Shapes	ZUMBA	YOGA stretch			
6am	LES MILLS sprint				LES MILLS RPM		
830am	Cycle		Cycle		Cycle		
930am						LES MILLS sprint	
530pm	SPIN	LES MILLS RPM		LES MILLS RPM			

Scan here!

