

5 MONDAY	6 TUESDAY	7 WEDNESDAY	8 THURSDAY	9 FRIDAY	10 SATURDAY	11 SUNDAY
5:45AM LYNN LES MILLS BODYPUMP			6:00AM VICKY LES MILLS BODYPUMP		8:00AM ANNIE LES MILLS BODYSTEP	8:00AM JESSICA LES MILLS BODYCOMBAT
8:15AM JEN LOW 30	8:15AM JEN Muscles	8:15AM SABRINA LES MILLS BODYSTEP	8:15AM CHRISSY KICKBOXING 30	8:15AM LAUREN Muscles	9:05AM CHRISSY PIYO	9:00AM DARREN LES MILLS BODYPUMP
8:45AM JEN PILATES 30			8:45AM CHRISSY MUSCLES 30			
9:30AM NIKKI Cardio Circuits	10:45AM JEN HARDCORE	9:30AM NIKKI Cardio Circuits	9:30AM JEN sweat	9:30AM BRISA ZUMBA	10:15AM LYNN LES MILLS BODYPUMP	
10:35AM JEN Foam Roller 20			11:00AM REBECCA ZUMBA		11:15AM BRISA ZUMBA	
12:15PM SUSAN LES MILLS BODYPUMP	12:00PM BRISA ZUMBA	12:00PM SUSAN CX CXWORKX	12:15PM JAMES LES MILLS BODYPUMP			
		12:30PM SUSAN tone				
4:30PM AUDREY LES MILLS BODYPUMP	4:30PM DARREN tone	4:30PM JEN MUSCLES	4:30PM MANDY LES MILLS BODYCOMBAT			
5:30PM KARLA LES MILLS BODYATTACK	5:30PM REBECCA LES MILLS BODYPUMP		5:30PM DARREN CX CXWORKX			
			6:00PM SABRINA LES MILLS BODYSTEP			
6:30PM CHRIS CARDIO DANCE	6:30PM ANNIE LES MILLS BODYSTEP		6:30PM JAMES LES MILLS BODYPUMP			

Kick your routine up a notch!



LesMills BODYCOMBAT™

Build cardio fitness and burn calories while you shape and tone your entire body! You get an amazing core workout & will also tone your legs, arms, back and shoulders. You can burn up to 740 calories or more in one class! What are you waiting for?!

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00AM KRISTY Morning Flow	6:00AM OPEN YOGA			
9:30AM NIKKI Yoga Level 2		9:30AM BARBARA Yoga Level 2	8:15AM JEN S. Pilates	9:30AM TONY Power Yoga	9:15AM KRISTY Yoga Level 2	
11:00AM SHEILA W. Gentle/Beg.	11:00AM SHEILA Yoga Level 1	11:00AM NIKKI Gentle/Beg.	11:00AM NIKKI Yoga Level 1	11:00AM MARGEE Gentle/Beg.	10:30AM SHEILA W. Yoga Level 1	10:30AM STEVE Yoga Level 2
		12:15PM SHEILA M. Deep Stretch Slow Flow		12:15PM MARGEE Deep Stretch Slow Flow		2:30PM NIKKI Gentle/Beg.
						4:00PM NIKKI Yoga Level 2
6:00PM LORETTA Yoga Level 2	6:00PM BARBARA Mixed Lev Flow Vinyasa	6:00PM TONY Yoga Level 3	6:00PM LANCE BoxingYoga			5:30PM TONY Meditation

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM KARA SPIN	5:30AM MELISSA LES MILLS RPM	5:45AM KARA SPIN	6:00AM LISA B SPIN	8:05AM MIKE C. LES MILLS RPM	8:05AM LISA B. SPIN
9:30AM JEN SPIN		9:30AM JULIE LES MILLS RPM		8:30AM NIKKI SPIN	9:15AM JODEE SPIN	
12:15PM CINDY SPIN	12:15PM JEN LES MILLS RPM	12:15PM CINDY N. SPIN	12:15PM JULIE LES MILLS RPM	12:15PM CINDY N. SPIN		
6:00PM LISA B. SPIN	6:00PM AUDREY SPIN	6:00PM AUDREY LES MILLS RPM				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KIM Water Fitness	8:30AM AUDREY Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	**FEE BASED** The Hirsch Cancer Center Class is a fee based class with specific requirements to attend. To inquire, please contact info@hirschcenter.org
9:45AM TERESA Gentle Aqua	9:45AM TABITHA Gentle Aqua	9:45AM LAUREN Gentle Aqua	9:45-10:30AM Open Water			
12:00PM DAVID Water Works		12:00PM NUMEDA HIIT			2:00PM **LINDA** Hirsch Center Class	