



OCTOBER GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		LES MILLS BODYPUMP	LES MILLS GRIT OPEN	LES MILLS BODYPUMP			
7:30 am	TRX	LES MILLS RPM	LES MILLS RPM	CYCLE			
8:00 am	LES MILLS BODYPUMP LES MILLS RPM		LES MILLS GRIT OPEN	LES MILLS CXWORX	TRX		
8:30 am		LES MILLS BODYPUMP	LES MILLS BODYPUMP LES MILLS RPM	BUILD-N-BURN 	LES MILLS RPM LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	
9:00 am	LES MILLS BODYPUMP	LES MILLS CXWORX			LES MILLS BODYPUMP	LES MILLS CXWORX	LES MILLS RPM
9:30 am		Pilates (9:45-10:45)	LES MILLS BODYCOMBAT	Pilates (9:45-10:45)		LES MILLS BODYCOMBAT LES MILLS RPM	
10:00 am	LES MILLS BODYFLOW				LES MILLS BODYFLOW		Yoga
10:30 am			Gentle Yoga/Stretch				
12:00 pm			Yoga				
EVENING CLASSES							
5:00 pm		EXPRESS LES MILLS RPM			FIRST FRIDAY ONLY TRX Champagne & Flow		
5:30 pm	LES MILLS CXWORX LES MILLS RPM	LES MILLS BODYPUMP	TRX LES MILLS RPM	LES MILLS BODYPUMP	TRX (30 minutes)		
6:00 pm	LES MILLS BODYCOMBAT		(6:10-7:10) LES MILLS BODYFLOW	EXPRESS LES MILLS BODYCOMBAT	(6:15-7:15) LES MILLS BODYFLOW		