






DECEMBER GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		LES MILLS BODYPUMP		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 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 RPM	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			<u>Gentle Yoga/Stretch</u>				
12:00 pm			 Yoga				
			EVENING	CLASSES			
5:00 pm		EXPRESS LES MILLS RPM					
5:30 pm	LES MILLS CXWORX LES MILLS RPM	LES MILLS BODYPUMP	TRX LES MILLS RPM	LES MILLS BODYPUMP			
6:00 pm	LES MILLS BODYCOMBAT		LES MILLS BODYFLOW	6.30PM EXPRESS LES MILLS BODYCOMBAT			