






JANUARY GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am		LesMILLS BODYPUMP		LesMILLS BODYPUMP			
7:30 am	TRX	LesMILLS RPM	LesMILLS RPM		TRX		
8:00 am	LesMILLS BODYPUMP LesMILLS RPM				LesMILLS CXWORX		
8:30 am		LesMILLS BODYPUMP	LesMILLS BODYPUMP LesMILLS RPM	BUILD-N-BURN 	LesMILLS RPM LesMILLS BODYCOMBAT	LesMILLS BODYPUMP	
9:00 am	LesMILLS BODYPUMP	LesMILLS CXWORX		LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS CXWORX	LesMILLS RPM
9:30 am		Pilates (9:45-10:45)	LesMILLS BODYCOMBAT	Pilates (9:45-10:45)		LesMILLS BODYCOMBAT LesMILLS RPM	
10:00 am	LesMILLS BODYFLOW				LesMILLS BODYFLOW		 Yoga
10:30 am			<u>Gentle Yoga/Stretch</u>				
12:00 pm			 Yoga	CYCLE			
EVENING CLASSES							
5:00 pm		EXPRESS LesMILLS RPM					
5:30 pm	LesMILLS CXWORX LesMILLS RPM	LesMILLS BODYPUMP	TRX LesMILLS RPM	LesMILLS BODYPUMP			
6:00 pm	LesMILLS BODYCOMBAT		LesMILLS BODYFLOW	6:30PM EXPRESS LesMILLS BODYCOMBAT			