

Class Schedule



EFFECTIVE: Jan. 22, 2012

GYMNASIUM

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30 AM	LES MILLS BODYPUMP Terin		LES MILLS BODYPUMP Brandi				
9:00 AM	LES MILLS CXWORX Linda		LES MILLS CXWORX Tammy			LES MILLS BODYPUMP Tricia	
9:30 AM	LES MILLS BODYCOMBAT Linda	LES MILLS BODYPUMP Linda	LES MILLS BODYSTEP Lisa	LES MILLS BODYPUMP Melitta	LES MILLS BODYJAM Lisa		
10:00 AM						LES MILLS CXWORX Rotation	
10:30 AM	SILVER SNEAKERS Melitta	LES MILLS SH'BAM Rachael	SILVER SNEAKERS Lynda L.		LES MILLS BODYFLOW Christy	LES MILLS SH'BAM Rotation	
11:15 AM							
12:00 PM	LES MILLS BODYPUMP Melitta		LES MILLS BODYCOMBAT Karl	STRENGTH FUSION Lisa	LES MILLS BODYPUMP Terin		LES MILLS BODYFLOW Lisa 12:30pm
5:00 PM	LES MILLS CXWORX Tammy	LES MILLS BODYPUMP Rachael		LES MILLS BODYPUMP Karl			
5:30 PM	LES MILLS BODYSTEP Tricia		LES MILLS BODYFLOW Tricia		LES MILLS BODYCOMBAT Linda		
6:00 PM		LES MILLS CXWORX Joe		LES MILLS CXWORX Scott			
6:30 PM	LES MILLS BODYPUMP Lisa/Karl	LES MILLS BODYCOMBAT Karl	LES MILLS BODYPUMP Heidi	LES MILLS BODYATTACK Linda			
7:30 PM	LES MILLS BODYJAM Trishia	LES MILLS BODYFLOW Lisa	LES MILLS SH'BAM Roslyn/Kenedy	LES MILLS BODYFLOW Rachael			
Family Gym	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	1:30-4PM & 8:30-10PM	Noon-6PM	12:30-4PM
7:00 PM		LES MILLS BODYFLOW Essentials *					
CYCLING STUDIO							
5:30 AM		LES MILLS RPM Tammy		LES MILLS RPM Brandi			
9:00 AM						LES MILLS RPM Rotation **	
12:00 PM		LES MILLS RPM Brandon					
5:30 PM	LES MILLS RPM Brandon		LES MILLS RPM Karl				
6:30 PM		LES MILLS RPM Melitta		LES MILLS RPM Lisa			
POOL							
9:00 AM	Aquasize Tricia	Arthritis Plus Lisa	Aquasize Kathy		Arthritis Plus Terin	Aquasize Rotation	
6:00 PM	Aqua Cardio Kathy		Aqua Cardio Terin				
Family Swim	5:30-8:30	5:30-8:30	5:30-8:30	5:30-8:30	5:30-8:30	2:30-5:30PM	12:30-3:30PM

* Short format class. ** Extended format.

All classes FREE to full use members.

Pay as you go classes for non-members just \$7 per class or \$14 for two or more classes in the same day.

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