

Q1 Class Schedule

EFFECTIVE: January 13, 2018



GYMNASIUM

	MON	TUE	WED	THUR	FRI	SAT	SUN
5:30 AM			LES MILLS BODYPUMP Liz (45m)				
8:30 AM						LES MILLS BODYCOMBAT Karl (30m)	
9:00 AM		LES MILLS CXWORX Esker		LES MILLS CXWORX Lisa		LES MILLS BODYPUMP Lisa	
9:30 AM	LES MILLS BODYPUMP Melitta	LES MILLS BODYCOMBAT Esker	LES MILLS BODYPUMP Lisa	LES MILLS BODYSTEP Becky		LES MILLS TONE (10 AM)	
10:30 AM	SilverSneakers Lynda	LES MILLS BODYFLOW Lisa	SilverSneakers Melitta		LES MILLS BODYFLOW Melitta		
4:00 PM				ZUMBA Roberto			
5:00 PM	LES MILLS CXWORX Lisa	LES MILLS BODYPUMP Karl	LES MILLS CXWORX Esker	LES MILLS BODYPUMP Liz			
5:30 PM	LES MILLS BODYSTEP Torey (30m)		LES MILLS BODYCOMBAT Esker				
6:00 PM	LES MILLS TONE Lisa	LES MILLS BODYSTEP Becky (45m)		LES MILLS BODYCOMBAT Karl (45m)			
6:30 PM			LES MILLS BODYPUMP Lisa				
6:45 PM	LES MILLS BODYPUMP Brandi	LES MILLS BODYFLOW Melitta		LES MILLS BODYFLOW Lisa			
7:30 PM			ZUMBA Roberto				
Open 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	1:30-9PM	Noon-6PM	12:30-3PM

CYCLING

5:30 AM		LES MILLS sprint Tedi		LES MILLS RPM Brandi			
8:30 AM						LES MILLS RPM Rotation	
9:30AM					LES MILLS RPM Lisa	LES MILLS sprint Karl	
12:00 PM	LES MILLS sprint Brandi/Lisa		LES MILLS RPM Melitta		LES MILLS sprint Rotation		
5:30 PM	LES MILLS RPM Karl	LES MILLS sprint Melitta	LES MILLS RPM Karl				

POOL

5:05AM		US MASTERS SWIMMING Buzz Pd Frm		US MASTERS SWIMMING Buzz Pd Frm			
9:00 AM	AquaSize Becky		AquaSize Kathy				
9:30 AM		Arthritis Plus Lisa		Arthritis Plus Lisa			
3:30-5:00 PM	PSD Swim Team	PSD Swim Team	PSD Swim Team	PSD Swim Team	PSD Swim Team		
5:30 PM		AquaSize Kathy		AquaSize Lisa			
Youth Swim	5:00-8:00PM	5:00-8:00PM	5:00-8:00PM	5:00-8:00PM			
5:30 AM		BOOT CAMP Kevin Pd Frm		BOOT CAMP Kevin Pd Frm			

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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