

PLEASE BRING YOUR MAT TO CLASS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 a.m.	LES MILLS BODYPUMP STUDIO 1 - CARLOS		LES MILLS BODYPUMP STUDIO 1 - CARLOS		LES MILLS BODYPUMP STUDIO 1 - JESSICA	
		LES MILLS RPM EXPRESS CYCLE ROOM - DEREK		LES MILLS sprint CYCLE ROOM - DEREK	Cycling30 CYCLE ROOM - DEREK	
8:30 a.m.	LES MILLS CORE STUDIO 1 - THERESA	ZUMBA STUDIO 1 - FRANCES	ZUMBA STUDIO 1 - FRANCES	ZUMBA STUDIO 1 - FRANCES	LES MILLS CORE STUDIO 1 - THERESA	
8:45 a.m.		LES MILLS sprint CYCLE ROOM - MEAGAN		LES MILLS sprint CYCLE ROOM - JESSICA		LES MILLS sprint CYCLE ROOM - MEAGAN/JESSICA/TRACI
9:15 a.m.	Cycling45 CYCLE ROOM - MEAGAN		LES MILLS RPM CYCLE ROOM - BELLA		LES MILLS RPM CYCLE ROOM - KONNIE	
9:30 a.m.	LES MILLS CORE STUDIO 1 - TRACI	LES MILLS BODYPUMP STUDIO 1 - BELLA	LES MILLS CORE STUDIO 1 - TRACI	LES MILLS BODYPUMP STUDIO 1 - JESSICA		LES MILLS BODYPUMP STUDIO 1 - THERESA
10:00 a.m.	BARRE above™ STUDIO 1 - REBEKAH		BARRE above™ STUDIO 1 - REBEKAH			
10:30a.m.						ZUMBA STUDIO 1 - FRANCES
5:00 p.m.	LES MILLS BODYATTACK 30 STUDIO 1 - THERESA	LES MILLS CORE STUDIO 1 - JESSICA	LES MILLS BODYATTACK 30 STUDIO 1 - THERESA	LES MILLS CORE STUDIO 1 - JESSICA		
5:30 p.m.	LES MILLS BODYPUMP STUDIO1 - AARON	BODYBALANCE STUDIO 1 - ANNA	LES MILLS BODYPUMP STUDIO 1 - THERESA	BODYBALANCE STUDIO 1 - ANNA	ZUMBA STUDIO 1 - FRANCES	
	LES MILLS sprint CYCLE ROOM - KONNIE			LES MILLS sprint CYCLE ROOM - CARLOS		
6:45 p.m.	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - FRANCES	ZUMBA STUDIO 1 - CRYSTAL	ZUMBA STUDIO 1 - CRYSTAL		