


GROUP FITNESS									
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY	
5:05a	P90X Jill		P90X Jill		HIIT Sylke	7:05AM	LES MILLS BODYCOMBAT VIRTUAL		
6:00a		Spin - Nxt Lvl Celestia		LES MILLS BODYFLOW VIRTUAL	Spin Angela	8:00AM	Bootcamp Suzanne		
		LES MILLS BODYFLOW VIRTUAL							
7:00a	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL	LES MILLS BODYPUMP VIRTUAL	LES MILLS CXWORX VIRTUAL		9:30AM	Werq Kristie		
7:30a	Step Jan				Step Jan	10:00a			
8:00a	Water Aerobics Trish	Total Body Shred Lucinda	Water Aerobics Trish	Total Body Conditioning Melissa	Water Aerobics Trish	11:00a	LES MILLS BODYPUMP VIRTUAL		
	LES MILLS BODYCOMBAT VIRTUAL		HIIT Donna		Cycle Bootcamp - Nxt Lvl Danielle				
9:00a	Zumba Heidi		Werq Debbie	Tabata Melissa	Water Aerobics Jan	12:00a	LES MILLS BODYFLOW VIRTUAL		
9:15a		Spin - Nxt Lvl Lucinda				1:00p		Spin Angela	
10:00a		Water Aerobics Jan Werq Sylke	TRX Sylke	Water Aerobics Jan	TRX Kristie	2:00p		LES MILLS BODYFLOW VIRTUAL	
10:30a				Werq Amanda					
11:00a	Silver Sneakers Brae		Gentle Yoga Tracy		Pilates Ronna	3:00p		LES MILLS SHBAM VIRTUAL	
12:00p	Cycle Bootcamp - Nxt Lvl Danielle	LES MILLS BODYFLOW VIRTUAL		Silver Sneakers Brae		4:00p			
1:00p	LES MILLS CXWORX VIRTUAL		LES MILLS CXWORX VIRTUAL		LES MILLS CXWORX VIRTUAL				
2:00p	 LES MILLS VIRTUAL						Les Mills Virtual On Demand See Welcome Center for more details		
3:00p									
4:00p									
5:00p	Spin Amy	Kettlebell Debbie	Spin Amy	Step Kacie Total Body Shred - Nxt Lvl Suzie					
6:00p	Yoga Beth	Water Aerobics Jan	Werq Kia Outdoor Yoga Tracy	Water Aerobics Jan	LES MILLS BODYFLOW VIRTUAL				
6:30p	Water Aerobics Jan	Total Body Shred Suzie	Water Aerobics Celestia	Yin Yoga April					
7:30p	LES MILLS CXWORX VIRTUAL		LES MILLS CXWORX VIRTUAL						