






































	MON	TUES	WED	THUR	FRI	SAT
5:15 – 6:15 am		<b>LES MILLS BODYPUMP</b>		<b>LES MILLS BODYPUMP</b>		
7:15 – 8:00 am	 CIRCUIT		 CIRCUIT		 CIRCUIT	
8:30 – 9:20 am						
8:30 – 9:30 am	 Toning (in Aerobic Room)	 (in Aerobic Room) <b>LES MILLS BODYCOMBAT</b>	 Toning (in Aerobic Room)	 Circuit 360° (30 min)	<b>LES MILLS BODYPUMP</b>	
	 (in back classroom)	(these two alternating every other week)	 (in back classroom)		 (in back classroom)	
9:00 – 10:00 am	 Circuit Training (in Ladies only room)		 Circuit Training (in Ladies only room)	<b>LES MILLS CXWORX</b> (30 min)	 Circuit Training (in Ladies only room)	<b>LES MILLS BODYCOMBAT</b>
9:30 – 10:30 am	 TBT Total Body Tabata (30 minutes)		<b>LES MILLS BODYCOMBAT</b> Express (30 min)		<b>LES MILLS CXWORX</b> (30 minutes)	
10:00 – 11:00 am		 Circuit Training (in Ladies only room)		 Circuit Training (in Ladies only room)	 (in back classroom)	
10:15 – 11:00 am	 CIRCUIT		 CIRCUIT		 CIRCUIT	
10:30 – 11:15 am		TAI CHI		TAI CHI		
11:15 – 12:00 pm	 CIRCUIT	<b>Gentle Yoga</b>	 CIRCUIT	<b>Gentle Yoga</b>	 CIRCUIT	
12:15 – 1:00 pm	<b>LES MILLS BODYCOMBAT</b> (45 minutes)	<b>LES MILLS BODYPUMP</b> (Express – 45 min)	<b>LES MILLS CXWORX</b> (30 minutes)	<b>LES MILLS BODYPUMP</b> (Express – 45 min)		
1:15 – 2:00 pm	 CLASSIC		 CLASSIC		 CLASSIC	
5:30 – 6:30 pm	 (in back classroom)	 (in back classroom)	 (in back classroom)	 (in back classroom)		
	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b> (Express – 45 min)	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b> (Express – 45 min)		
6:30 – 7:30 pm	<b>LES MILLS CXWORX</b> (30 minutes)	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS CXWORX</b> (30 minutes)	<b>LES MILLS BODYPUMP</b>		

Classes will be cancelled on all major holidays unless notified by instructor.

**Club Hours:**

M-F 5:00am-10:00pm  
Sat 7:00am-9:00pm  
Sun 1:00pm-8:00pm

**Child Care Hours:**

M-F 8:30am-10:45am  
M-TH 4:30pm-7:30pm \* (childcare workers leave at 6:30 if there are no children)

updated :9/20/2019