

GFX STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|-----------------------------------------------|--------------------------------------------|--------------------------------------------|---------------------------------------------------|--------------------------------------------|--------------------------------------------------|
| 5:45AM | | LES MILLS BODYPUMP LESLIE 5:45 | | | LES MILLS BODYFLOW LESLIE 5:45 | |
| 8AM | | LES MILLS CORE SANDY | | LES MILLS CORE TERRENCE | | |
| 8:30AM 8:45AM | LES MILLS BODYPUMP 8:45 SANDY | ZUMBA 8:30 BONNIE | LES MILLS BODYPUMP 8:45 SANDY | ZUMBA 8:30 BONNIE | LES MILLS BODYPUMP 8:45 SANDY | |
| 9:15AM 9:35AM 10AM | PILATES 10AM JULIE 45MIN | RESTORATIVE YOGA 9:35AM ROB | PILATES 10AM KIM D 45 MIN | BLENDED YOGA 9:35AM ROB | PILATES 10AM JULIE 45MIN | LES MILLS BODYPUMP 9:15AM LESLIE |
| 10:30AM 10:45AM | SILVER SNEAKERS YOGA 10:45 TERRI | SILVER SNEAKERS 10:45 SANDY | SILVER SNEAKERS 10:45 BONNIE | STRETCH AND TONE 10:45 KIM | ZUMBA gold 10:45 BONNIE | SHINE DANCE FITNESS™ 10:30AM MEG |
| 5PM 5:15PM | | CORE! 5PM MELANIE | | LES MILLS BODYPUMP 5:15PM LESLIE 45m | | |
| 5:30PM | HIP HOP CARDIO DEVON | SHINE DANCE FITNESS™ MEG (45) | LES MILLS CORE JOAN (30) | | | |
| 6:15PM 6:20PM | YOGA 6:20PM GERRY/LISA | | CLUB JAM 6:05PM JASMINE | | | |

CYCLE STUDIO

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | SATURDAY 8:15 AM |
|----------------------------|-----------------------------------------|--------------------------------------------|----------------------------------------|------------------------------------------------|------------------------------------|
| 5:15AM 5:45AM | LES MILLS RPM 5:45AM MARK | | LES MILLS RPM 5:15AM PL | | |
| 8:15AM 8:30AM 9:50AM | LES MILLS RPM 30 9:50AM SANDY | LES MILLS sprint 8:30 AM MARK | | LES MILLS sprint 8:30 AM TERRENCE | LES MILLS RPM 8:15AM LEE |
| 5:30/5:45PM 6:15PM | LES MILLS RPM 5:30PM LESLIE | LES MILLS sprint 5:45PM MEL | LES MILLS sprint 6:15PM MARK | LES MILLS RPM 6PM LEE | |

BLUE ROOM

| | MON | TUES | WED | THU | FRI | SAT |
|---------|------------------------------------------|-----------------------------------|----------------------------------|-------------------------------------|---------------------------------------|-------------------------------|
| 5:15AM | FITCAMP ALISON | COMBAT CARDIO TERRENCE | FITCAMP ALISON | COMBAT CARDIO TERRENCE | FITCAMP ALISON | |
| 9AM | FatBlast PUSH/PULL RHONDA | Combat Cardio CRYSTE | FatBlast LEGS LINDSAY | Combat Cardio CRYSTE | FatBlast ARMS/CORE LINDSAY | FatBlast LINDSAY |
| 12:10PM | FatBlast 45 PUSH/PULL APRIL | Combat Cardio 45 CRYSTE | FatBlast 45 LEGS APRIL | Combat Cardio 45 CRYSTE | FatBlast 45 ARMS/CORE APRIL | YOGA 10:05am ROB |
| 5:30PM | FatBlast UPPER LINDSAY | FatBlast CARDIO RHONDA | FatBlast LOWER LINDSAY | FatBlast CARDIO ELIZABETH | | 8/6 & 8/20 |

POOL CLASSES

| | MON | TUE | WED | TH | FRI |
|---------|-----------------------------|----------------------------|-----------------------------|------------------------------|-----------------------------|
| 9AM | AQUA TABATA KIM R | H2O CARDIO SANDY | H2O CARDIO BONNIE | H2O CARDIO KIM R | AQUA ZUMBA BONNIE |
| 10AM | ARTHRITIS KIM R | | ARTHRITIS SANDY | | ARTHRITIS SANDY |
| 5:45 PM | | | | AQUA BOXING SHERRY | |

August 2022

