

## GFX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45AM		<b>LES MILLS BODYPUMP</b> LESLIE 5:45			<b>LES MILLS BODYFLOW</b> LESLIE 5:45	
8AM		<b>LES MILLS CXWORX</b> SANDY		<b>LES MILLS CXWORX</b> TERRENCE		
8:30AM 8:45AM	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	<b>ZUMBA</b> 8:30 BONNIE	<b>LES MILLS BODYPUMP</b> 8:45 SANDY	
9:15AM 9:35AM 10AM	<b>PILATES</b> 10AM JULIE 45MIN	<b>RESTORATIVE YOGA</b> 9:35AM JUSTIN	<b>PILATES</b> 10AM KIM D 45 MIN	<b>BLENDED YOGA</b> 9:35AM JUSTIN	<b>PILATES</b> 10AM JULIE 45MIN	<b>LES MILLS BODYPUMP</b> 9:15AM LESLIE
10:30AM 10:45AM	<b>SILVER SNEAKERS YOGA</b> 10:45 TERRI	<b>SILVER SNEAKERS</b> 10:45 SANDY	<b>SILVER SNEAKERS</b> 10:45 BONNIE	<b>STRETCH AND TONE</b> 10:45 KIM	<b>ZUMBA gold</b> 10:45 BONNIE	<b>Club Jam</b> 10:30AM MEG
5PM 5:15PM		<b>CORE!</b> 5PM MELANIE		<b>LES MILLS BODYPUMP</b> 5:15PM LESLIE 45m		
5:30PM	<b>HIP HOP CARDIO</b> DEVON	<b>Club Jam</b> MEG (45)	<b>LES MILLS CXWORX</b> JOAN (30)			
6:15PM 6:20PM	<b>YOGA</b> 6:20PM GERRY/KATE	<b>LES MILLS BODYFLOW</b> 6:20PM LEE/LESLIE	<b>Club Jam</b> 6:05PM JASMINE	<b>Club Jam</b> 6:05pm TJ		

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY 8:15 AM
5:15AM 5:45AM	<b>LES MILLS RPM</b> 5:45AM MARK		<b>LES MILLS RPM</b> 5:15AM PL		
8:15AM 8:30AM 9:50AM	<b>LES MILLS RPM 30</b> 9:50AM SANDY	Justin's Tuesday Ride 8:30 AM		<b>LES MILLS sprint</b> 8:30 AM TERRENCE	<b>LES MILLS RPM</b> 8:15AM LEE
5:30/5:45PM 6:15PM	<b>LES MILLS RPM</b> 5:30PM LESLIE	<b>LES MILLS sprint</b> 5:45PM MEL	<b>LES MILLS sprint</b> 6:15PM MARK	<b>LES MILLS RPM</b> 6PM LEE	

## BLUE ROOM

	MON	TUES	WED	THU	FRI	SAT
5:15AM	<b>FITCAMP</b> TONYA	<b>COMBAT CARDIO</b> TREY	<b>FITCAMP</b> TONYA	<b>COMBAT CARDIO</b> TREY	<b>FITCAMP</b> TONYA	
8:15AM	<b>Butts &amp; Guts</b> RHONDA					
9AM	<b>FatBlast PUSH/PULL</b> RHONDA	<b>Combat Cardio</b> CRYTE	<b>FatBlast LEGS</b> LINDSAY	<b>Combat Cardio</b> CRYTE	<b>FatBlast ARMS/CORE</b> LINDSAY	<b>FatBlast</b> LINDSAY
12:10PM	<b>FatBlast 45 PUSH/PULL</b> TONYA	<b>Combat Cardio 45</b> CRYTE	<b>FatBlast 45 LEGS</b> TONYA	<b>Combat Cardio 45</b> CRYTE	<b>FatBlast 45 ARMS/CORE</b> TONYA	<b>YOGA 10:05am</b> JUSTIN
5:30PM	<b>FatBlast UPPER</b> LINDSAY	<b>FatBlast CARDIO</b> RHONDA	<b>FatBlast LOWER</b> LINDSAY	<b>FatBlast CARDIO</b> STAFF		1/8 & 1/22

## POOL CLASSES

	MON	TUE	WED	TH	FRI
9AM	<b>AQUA TABATA</b> KIM R	<b>H2O CARDIO</b> SANDY	<b>H2O CARDIO</b> BONNIE	<b>H2O CARDIO</b> KIM R	<b>AQUA ZUMBA</b> BONNIE
10AM	<b>ARTHRITIS</b> KIM R 10AM		<b>ARTHRITIS</b> SANDY 10AM		<b>ARTHRITIS</b> SANDY 10AM

**Les Mills Virtual is set for ON DEMAND.  
Now you can choose a class anytime  
there is not one on the schedule.**

# JANUARY 2022

In case of bad weather,  
please check FaceBook for the quickest update on delayed  
openings or early closings and check your email.