











	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:45a			<b>LES MILLS</b> <b>RPM</b> TAYLOR	<b>LES MILLS</b> <b>BODYPUMP</b> TENNILLE			
8:00a					<b>LES MILLS</b> <b>BODYPUMP</b> LISA G	<b>LES MILLS</b> <b>RPM</b> LISA/TAYLOR	
9:00a					<b>HIP HOP</b> <b>SPIN</b> AQUARIUS		
9:00a	<b>LES MILLS</b> <b>BODYPUMP</b> JACKIE	<b>LES MILLS</b> <b>BODYSTEP</b> TENNILLE	<b>LES MILLS</b> <b>BODYPUMP</b> JACKIE	<b>LES MILLS</b> <b>BODYATTACK</b> ALLISON	<b>LES MILLS</b> <b>BODYBALANCE</b> LISA G	<b>LES MILLS</b> <b>BODYPUMP</b> RACHEL	
10:00a	<b>LES MILLS</b> <b>RPM</b> JACKIE	<b>LES MILLS</b> <b>BODYPUMP</b> TENNILLE	<b>LES MILLS</b> <b>RPM</b> JACKIE	<b>LES MILLS</b> <b>BODYPUMP</b> ALLISON		<b>LES MILLS</b> <b>BODYBALANCE</b> JULIE	
11:00a	 10a & 11a		 10a & 11a		 10a & 11a		<b>LES MILLS</b> <b>BODYCOMBAT</b> JULIE
12:00p							<b>LES MILLS</b> <b>BODYPUMP</b> MARYBETH
1:00p							
4:45p	<b>LES MILLS</b> <b>BODYSTEP</b> TAYLOR	<b>LES MILLS</b> <b>tone</b> JULIE	<b>LES MILLS</b> <b>BODYCOMBAT</b> JULIE	<b>LES MILLS</b> <b>tone</b> JULIE	<b>Staffed Hours:</b> <b>-CLUB-</b> Mon-Fri 6a-9p Saturday 8a-4p Sunday 10a-4p <b>-KIDSPLEX-</b> Mon-Thrs 8a-1p/4p-8p Friday 8a-1p Saturday 8a-1p		
5:45p	<b>LES MILLS</b> <b>BODYPUMP</b> MARYBETH	<b>LES MILLS</b> <b>BODYBALANCE</b> JULIE	<b>LES MILLS</b> <b>BODYPUMP</b> KELLY				
5:45p	<b>HIP HOP</b> <b>SPIN</b> AQUARIUS	<b>LES MILLS</b> <b>RPM</b> HOLLY		<b>LES MILLS</b> <b>RPM</b> HOLLY			



**BODYPLEX**<sup>®</sup>  
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**LES MILLS**  
**BODYBALANCE** is the Yoga, Tai Chi, Pilates workout that builds flexibility and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

**LES MILLS**  
**BODYPUMP** is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

**LES MILLS**  
**BODYSTEP** is the energizing step workout that makes you feel liberated and alive! Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**LES MILLS**  
**BODYCOMBAT** is the high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness while learning moves from karate, taekwondo, boxing, muay thai, capoeira, and kung-fu!

**LES MILLS**  
**tone** combines blocks of strength, cardio, and core training into one complete and convenient workout. The multi-peak workout helps burn calories and build fitness strength while improving energy levels, flexibility, balance, agility, and core strength.

**LES MILLS**  
**BODYATTACK** is a high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as pushups and squats.

**LES MILLS**  
**RPM** is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high!

