



JANUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group X classes (Main Studio)						
5:30-6:30 am <b>LES MILLS BODYPUMP</b> Becca						
8:30-9:00 am <b>LES MILLS CXWORX</b> Kristi/Becca	8:30-9:00 am <b>HIIT</b> Meredith	8:30-9:15 am <b>tone</b> Shannon	8:30-9:15 am <b>LES MILLS RPM</b> Rasha		8:30-9:15 am <b>LES MILLS BODYCOMBAT</b> Michelle	
9:15-10:00 am <b>LES MILLS BODYATTACK</b> Rasha	9:15-10:15 am <b>LES MILLS BODYCOMBAT</b> Rasha	9:15-10:15 am <b>LES MILLS BODYSTEP</b> Rasha	9:15-10:15 am <b>LES MILLS BODYCOMBAT</b> Becca	9:15-10:00 am <b>tone</b> Shannon	9:15-10:00 am <b>LES MILLS SH'BAM</b> Jessica/Jenn	9:15-10:15 <b>LES MILLS RPM</b> Rasha
10:15-11:15 am <b>LES MILLS BODYPUMP</b> Rasha	10:15-11:15 am <b>LES MILLS BODYFLOW</b> Kristi	10:15-11:15 am <b>LES MILLS BODYPUMP</b> Becca	10:15-11:15 am <b>LES MILLS BODYFLOW</b> Kristi	10:15-10:45 am <b>LES MILLS GRIT   STRENGTH</b> Becca	10:15-11:15 am <b>LES MILLS BODYPUMP</b> Kendra	10:30-11:00 <b>LES MILLS CXWORX</b> Rasha
					11:15-12:15 <b>LES MILLS RPM</b> Kristi	
5:00-5:30 pm <b>LES MILLS barre</b> Jenn/Jessica	5:00-5:30 pm <b>LES MILLS CXWORX</b> Michelle	5:00-5:30 pm <b>LES MILLS sprint</b> Shannon	5:00-5:30 pm <b>TRX HIIT</b> Shannon	5:00-6:00 pm <b>LES MILLS BODYPUMP</b> Rasha		
5:30-6:15 pm <b>tone</b> Jenn	5:30-6:15 pm <b>LES MILLS BODYCOMBAT</b> Shannon	5:30-6:30 pm <b>LES MILLS BODYFLOW</b> Michelle	5:30-6:15 pm <b>LES MILLS SH'BAM</b> Jenn			
6:15-7:00 pm <b>LES MILLS BODYSTEP</b> Amanda	6:15-7:15 pm <b>LES MILLS BODYPUMP</b> Ann		6:15-7:15 pm <b>LES MILLS BODYPUMP</b> Ann			6:00-7:00 pm LIVE STREAM ONLY <b>YOGA</b> Sarah

ALL CLASSES AVAILABLE FOR ALL MEMBERS AT THE GYM AND STREAMED ON BB LIVE!

\*RPM CLASS HELD IN FREE STATE RIDE CYCLE STUDIO

<b>Body Boutique Hours:</b> <b>Monday - Fridays 5:00 am - 7:30 pm</b> <b>Saturday 8:00 am - 1:00 pm</b> <b>Sundays 9:00 am - 11:00 am</b>
<b>Childcare Hours:</b> <b>Monday - Friday 9:15-11:15 am</b>

VIRTUAL GX CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LES MILLS SH'BAM</b> 5:30AM - 6:15AM <b>LES MILLS BODYFLOW</b> 6:30AM - 7:30AM <b>LES MILLS barre</b> 7:30AM - 8:00AM <b>LES MILLS SH'BAM</b> 8:30AM - 9:15AM <b>LES MILLS BODYFLOW</b> 9:30AM - 10:30AM <b>LES MILLS CXWORX</b> 10:30AM - 11:00AM <b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM <b>LES MILLS BODYFLOW</b> 12:30PM - 1:30PM <b>LES MILLS barre</b> 1:30PM - 2:00PM <b>LES MILLS CXWORX</b> 2:30PM - 3:00PM <b>LES MILLS SH'BAM</b> 3:30PM - 4:15PM <b>LES MILLS BODYFLOW</b> 4:30PM - 5:30PM <b>LES MILLS barre</b> 5:30PM - 6:00PM <b>LES MILLS CXWORX</b> 6:30PM - 7:00PM	<b>LES MILLS BODYFLOW</b> 5:30AM - 6:30AM <b>LES MILLS SH'BAM</b> 6:30AM - 7:15AM <b>LES MILLS CXWORX</b> 7:30AM - 8:00AM <b>LES MILLS barre</b> 8:30AM - 9:00AM <b>LES MILLS SH'BAM</b> 9:30AM - 10:15AM <b>LES MILLS barre</b> 10:30AM - 11:00AM <b>LES MILLS CXWORX</b> 11:30AM - 12:00PM <b>LES MILLS SH'BAM</b> 12:30PM - 1:15PM <b>LES MILLS BODYFLOW</b> 1:30PM - 2:30PM <b>LES MILLS barre</b> 2:30PM - 3:00PM <b>LES MILLS BODYFLOW</b> 3:30PM - 4:30PM <b>LES MILLS barre</b> 4:30PM - 5:00PM <b>LES MILLS CXWORX</b> 5:30PM - 6:00PM <b>LES MILLS BODYFLOW</b> 6:30PM - 7:30PM	<b>LES MILLS barre</b> 5:30AM - 6:00AM <b>LES MILLS BODYFLOW</b> 6:30AM - 7:30AM <b>LES MILLS barre</b> 7:30AM - 8:00AM <b>LES MILLS BODYFLOW</b> 8:30AM - 9:30AM <b>LES MILLS CXWORX</b> 9:30AM - 10:00AM <b>LES MILLS SH'BAM</b> 10:30AM - 11:15AM <b>LES MILLS BODYFLOW</b> 11:30AM - 12:30PM <b>LES MILLS barre</b> 12:30PM - 1:00PM <b>LES MILLS SH'BAM</b> 1:30PM - 2:15PM <b>LES MILLS CXWORX</b> 2:30PM - 3:00PM <b>LES MILLS BODYFLOW</b> 3:30PM - 4:30PM <b>LES MILLS SH'BAM</b> 4:30PM - 5:15PM <b>LES MILLS barre</b> 5:30PM - 6:00PM <b>LES MILLS SH'BAM</b> 6:30PM - 7:15PM	<b>LES MILLS CXWORX</b> 5:30AM - 6:00AM <b>LES MILLS SH'BAM</b> 6:30AM - 7:15AM <b>LES MILLS BODYFLOW</b> 7:30AM - 8:30AM <b>LES MILLS barre</b> 8:30AM - 9:00AM <b>LES MILLS CXWORX</b> 9:30AM - 10:00AM <b>LES MILLS barre</b> 10:30AM - 11:00AM <b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM <b>LES MILLS BODYFLOW</b> 12:30PM - 1:30PM <b>LES MILLS barre</b> 1:30PM - 2:00PM <b>LES MILLS BODYFLOW</b> 2:30PM - 3:30PM <b>LES MILLS SH'BAM</b> 3:30PM - 4:15PM <b>LES MILLS barre</b> 4:30PM - 5:00PM <b>LES MILLS CXWORX</b> 5:30PM - 6:00PM <b>LES MILLS BODYFLOW</b> 6:30PM - 7:30PM	<b>LES MILLS BODYFLOW</b> 5:30AM - 6:30AM <b>LES MILLS barre</b> 6:30AM - 7:00AM <b>LES MILLS CXWORX</b> 7:30AM - 8:00AM <b>LES MILLS SH'BAM</b> 8:30AM - 9:15AM <b>LES MILLS barre</b> 9:30AM - 10:00AM <b>LES MILLS BODYFLOW</b> 10:30AM - 11:30AM <b>LES MILLS barre</b> 11:30AM - 12:00PM <b>LES MILLS SH'BAM</b> 12:30PM - 1:15PM <b>LES MILLS BODYFLOW</b> 1:30PM - 2:30PM <b>LES MILLS barre</b> 2:30PM - 3:00PM <b>LES MILLS CXWORX</b> 3:30PM - 4:00PM <b>LES MILLS BODYFLOW</b> 4:30PM - 5:30PM <b>LES MILLS SH'BAM</b> 5:30PM - 6:15PM <b>LES MILLS CXWORX</b> 6:30PM - 7:00PM	<b>LES MILLS CXWORX</b> 8:30AM - 9:00AM <b>LES MILLS BODYFLOW</b> 9:30AM - 10:30AM <b>LES MILLS barre</b> 10:30AM - 11:00AM <b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM

Class Descriptions:

<b>LES MILLS CXWORX</b> 30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.	<b>LES MILLS BODYFLOW</b> Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.	<b>LES MILLS SH'BAM</b> Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.	<b>LES MILLS barre</b> Learn the basic moves and format of a LES MILLS BARRE workout in this quick introduction.
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FREE STATE RIDE CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS sprint</b> 6:00AM - 6:30AM <b>LES MILLS RPM</b> 7:00AM - 7:50AM <b>LES MILLS RPM</b> 8:00AM - 8:30AM <b>LES MILLS sprint</b> 9:00AM - 9:30AM <b>LES MILLS RPM</b> 10:00AM - 10:30AM <b>LES MILLS sprint</b> 11:00AM - 11:30AM <b>LES MILLS RPM</b> 12:00PM - 12:50PM <b>LES MILLS sprint</b> 1:00PM - 1:30PM <b>LES MILLS RPM</b> 2:00PM - 2:50PM <b>LES MILLS sprint</b> 3:00PM - 3:30PM <b>LES MILLS RPM</b> 4:00PM - 4:50PM <b>LES MILLS sprint</b> 5:00PM - 5:30PM <b>LES MILLS RPM</b> 6:00PM - 6:30PM	<b>LES MILLS RPM</b> 6:00AM - 6:30AM <b>LES MILLS RPM</b> 7:00AM - 7:50AM <b>LES MILLS sprint</b> 8:00AM - 8:30AM <b>LES MILLS RPM</b> 9:00AM - 9:30AM <b>LES MILLS sprint</b> 10:00AM - 10:30AM <b>LES MILLS RPM</b> 11:00AM - 11:50AM <b>LES MILLS sprint</b> 12:00PM - 12:30PM <b>LES MILLS RPM</b> 1:00PM - 1:50PM <b>LES MILLS RPM</b> 2:00PM - 2:30PM <b>LES MILLS sprint</b> 3:00PM - 3:30PM <b>LES MILLS RPM</b> 4:00PM - 4:30PM <b>LES MILLS RPM</b> 5:00PM - 5:50PM <b>LES MILLS sprint</b> 6:00PM - 6:30PM <b>LES MILLS RPM</b> 7:00PM - 7:30PM	<b>LES MILLS RPM</b> 6:00AM - 6:30AM <b>LES MILLS RPM</b> 7:00AM - 7:30AM <b>LES MILLS sprint</b> 8:00AM - 8:30AM <b>LES MILLS RPM</b> 9:00AM - 9:30AM <b>LES MILLS RPM</b> 10:00AM - 10:50AM <b>LES MILLS sprint</b> 11:00AM - 11:30AM <b>LES MILLS RPM</b> 12:00PM - 12:50PM <b>LES MILLS sprint</b> 1:00PM - 1:30PM <b>LES MILLS RPM</b> 2:00PM - 2:50PM <b>LES MILLS RPM</b> 3:00PM - 3:30PM <b>LES MILLS RPM</b> 4:00PM - 4:50PM <b>LES MILLS RPM</b> 6:00PM - 6:50PM	<b>LES MILLS sprint</b> 6:00AM - 6:30AM <b>LES MILLS sprint</b> 7:00AM - 7:30AM <b>LES MILLS sprint</b> 9:00AM - 9:30AM <b>LES MILLS RPM</b> 10:00AM - 10:30AM <b>LES MILLS sprint</b> 12:00PM - 12:30PM <b>LES MILLS RPM</b> 2:00PM - 2:30PM <b>LES MILLS RPM</b> 3:00PM - 3:50PM <b>LES MILLS RPM</b> 4:00PM - 4:30PM <b>LES MILLS RPM</b> 5:00PM - 5:50PM <b>LES MILLS sprint</b> 6:00PM - 6:30PM <b>LES MILLS sprint</b> 7:00PM - 7:30PM	<b>LES MILLS sprint</b> 6:00AM - 6:30AM <b>LES MILLS RPM</b> 7:00AM - 7:50AM <b>LES MILLS sprint</b> 8:00AM - 8:30AM <b>LES MILLS RPM</b> 9:00AM - 9:30AM <b>LES MILLS RPM</b> 10:00AM - 10:50AM <b>LES MILLS sprint</b> 11:00AM - 11:30AM <b>LES MILLS RPM</b> 12:00PM - 12:30PM <b>LES MILLS RPM</b> 1:00PM - 1:50PM <b>LES MILLS RPM</b> 2:00PM - 2:30PM <b>LES MILLS sprint</b> 3:00PM - 3:30PM <b>LES MILLS RPM</b> 4:00PM - 4:50PM <b>LES MILLS sprint</b> 5:00PM - 5:30PM <b>LES MILLS RPM</b> 6:00PM - 6:30PM	<b>LES MILLS sprint</b> 9:00AM - 9:30AM <b>LES MILLS RPM</b> 10:00AM - 10:30AM	

Les Mills Virtual Class Descriptions:

<b>LES MILLS RPM</b> Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.	<b>LES MILLS sprint</b> High-intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.
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