

BODY boutique

Women's Fitness & Indoor Cycling

SPRING SCHEDULE

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

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

*RPM CLASS HELD IN FREE STATE RIDE CYCLE STUDIO

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

VIRTUAL GX CLASS SCHEDULE

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

Class Descriptions:



30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body and life.



Learn the basic moves and format of a LES MILLS SH'BAM workout in this quick introduction.



Learn the basic moves and format of a LES MILLS BARRE workout in this quick introduction.

FREE STATE RIDE CLASS SCHEDULE

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

Les Mills Virtual Class Descriptions:



Learn the basic moves and format of a LES MILLS RPM workout in this quick introduction.



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.