















































## FALL SCHEDULE - Effective August 22nd

MONDAY	TUESDAY		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group X classes (Main Studio)							
			5:30-6:30 am <b>LES MILLS</b> <b>BODYPUMP</b> Becca				
						8:30-9:15 am <b>LES MILLS</b> <b>BODYCOMBAT</b> Michelle	9:00-9:45 am <b>LES MILLS</b> <b>BODYSTEP</b> Rasha
9:15-10:15 am <b>LES MILLS</b> <b>BODYPUMP</b> Becca	9:15-10:00 am <b>VIVE Classic</b> Kristi	9:30-10:00 am <b>TRX HIIT</b> Shannon	9:15-10:00 am <b>LES MILLS</b> <b>SH'BAM</b> Jessica	9:15-10:15 am <b>LES MILLS</b> <b>BODYCOMBAT</b> Becca	9:15-10:15 am <b>LES MILLS</b> <b>RPM</b> Shannon	9:15-10:15 am <b>LES MILLS</b> <b>BODYPUMP</b> Shannon	9:45-10:15 am <b>CORE</b> Rasha
10:15-11:00 am <b>LES MILLS</b> <b>BODYCOMBAT</b> Rasha	10:15-11:15 am <b>LES MILLS</b> <b>BODYBALANCE</b> Jillian		10:15-10:45 am <b>LES MILLS</b> <b>CORE</b> Becca	10:15-11:15 am <b>LES MILLS</b> <b>BODYBALANCE</b> Kristi	10:15-11:15 am <b>LES MILLS</b> <b>BODYPUMP</b> Rasha	10:15-11:15 am <b>LES MILLS</b> <b>BODYBALANCE</b> Sarah	10:30-11:30 am <b>LES MILLS</b> <b>RPM</b> Rasha
							4:00-5:00 pm <b>YOGA</b> Sarah
5:00-5:30 pm <b>HIIT MIX</b> Shannon	5:00-5:30 pm <b>LES MILLS</b> <b>CORE</b> Michelle	5:00-5:30 pm <b>TRX HIIT</b> Shannon	5:00-5:30 pm <b>sprint</b> Shannon		<b>Class Location</b>  Mind Body  Mezzanine  Cycle		
5:30-6:15 pm <b>tone</b> Jenn/Alee	5:30 - 6:15 pm <b>LES MILLS</b> <b>BODYCOMBAT</b> Shannon	5:30-6:30 pm <b>LES MILLS</b> <b>BODYBALANCE</b> Michelle	5:30-6:15 pm <b>LES MILLS</b> <b>SH'BAM</b> Jenn				
6:15-7:15 pm <b>LES MILLS</b> <b>RPM</b> Kristi	6:15-7:15 pm <b>LES MILLS</b> <b>BODYPUMP</b> Kendra/Rasha	6:30-7:15 pm <b>LES MILLS</b> <b>BODYSTEP</b> Amanda/Rasha	6:15-7:15 pm <b>LES MILLS</b> <b>BODYPUMP</b> Ann				
ALL CLASSES ON MAIN FLOOR AND MIND BODY STUDIO AVAILABLE FOR ALL MEMBERS AT THE GYM AND STREAMED ON BB LIVE! *RPM & SPRINT CLASS HELD IN FREE STATE RIDE CYCLE STUDIO AVAILABLE TO ALL MEMBERS *BODYFLOW, YOGA & BARRE HELD IN MIND BODY STUDIO AVAILABLE TO ALL MEMBERS *GRIT, HIIT & TRX HELD IN MEZZANINE UPSTAIRS AVAILABLE TO ALL MEMBERS							
Body Boutique Hours: Monday - Fridays 5:00 am - 7:30 pm Saturday 8:00 am - 1:00 pm Sundays 9:00 am -12:00 pm							
Childcare Hours: Monday - Saturday 9:00-11:30 am							

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:15AM</p> <p> <b>LES MILLS SH'BAM</b> 6:30AM - 7:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 9:30AM - 10:15AM</p> <p> <b>LES MILLS CORE</b> 10:30AM - 11:15AM</p> <p> <b>LES MILLS SH'BAM</b> 12:30PM - 1:15PM</p> <p> <b>LES MILLS BODYPUMP</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS BODYBALANCE</b> 5:30PM - 6:15PM</p> <p> <b>LES MILLS CORE</b> 6:30PM - 7:15PM</p>	<p> <b>LES MILLS BODYBALANCE</b> 5:30AM - 6:15AM</p> <p> <b>LES MILLS CORE</b> 6:30AM - 7:15AM</p> <p> <b>LES MILLS BODYPUMP</b> 9:30AM - 10:30AM</p> <p> <b>LES MILLS BODYPUMP</b> 12:30PM - 1:15PM</p> <p> <b>LES MILLS CORE</b> 2:30PM - 3:15PM</p> <p> <b>LES MILLS BODYBALANCE</b> 3:30PM - 4:30PM</p> <p> <b>LES MILLS SH'BAM</b> 5:30PM - 6:15PM</p> <p> <b>LES MILLS CORE</b> 6:30PM - 7:15PM</p>	<p> <b>LES MILLS SH'BAM</b> 5:30AM - 6:15AM</p> <p> <b>LES MILLS BODYPUMP</b> 6:30AM - 7:30AM</p> <p> <b>LES MILLS CORE</b> 8:30AM - 9:00AM</p> <p> <b>LES MILLS BODYBALANCE</b> 9:30AM - 10:15AM</p> <p> <b>LES MILLS BODYPUMP</b> 10:30AM - 11:30AM</p> <p> <b>LES MILLS BODYBALANCE</b> 12:30PM - 1:30PM</p> <p> <b>LES MILLS BODYPUMP</b> 3:30PM - 4:30PM</p>	<p> <b>LES MILLS CORE</b> 5:30AM - 6:15AM</p> <p> <b>LES MILLS SH'BAM</b> 6:30AM - 7:15AM</p> <p> <b>LES MILLS SH'BAM</b> 9:30AM - 10:15AM</p> <p> <b>LES MILLS BODYPUMP</b> 12:30PM - 1:30PM</p> <p> <b>LES MILLS CORE</b> 2:30PM - 3:15PM</p> <p> <b>LES MILLS SH'BAM</b> 3:30PM - 4:15PM</p> <p> <b>LES MILLS CORE</b> 5:30PM - 6:15PM</p> <p> <b>LES MILLS BODYBALANCE</b> 6:30PM - 7:15PM</p>	<p> <b>LES MILLS BODYPUMP</b> 5:30AM - 6:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 6:30AM - 7:30AM</p> <p> <b>LES MILLS BODYBALANCE</b> 9:30AM - 10:15AM</p> <p> <b>LES MILLS SH'BAM</b> 10:30AM - 11:15AM</p> <p> <b>LES MILLS CORE</b> 12:30PM - 1:15PM</p> <p> <b>LES MILLS CORE</b> 3:30PM - 4:00PM</p> <p> <b>LES MILLS SH'BAM</b> 4:00PM - 4:45PM</p> <p> <b>LES MILLS BODYPUMP</b> 5:00PM - 5:45PM</p> <p> <b>LES MILLS CORE</b> 6:00PM - 6:45PM</p>	<p> <b>LES MILLS CORE</b> 9:30AM - 10:00AM</p> <p> <b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM</p>	<p> <b>LES MILLS BODYPUMP</b> 9:30AM - 10:15AM</p> <p> <b>LES MILLS BODYBALANCE</b> 10:30AM - 11:15AM</p>



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



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The original barbell workout for anyone looking to get lean, toned and fit - fast.



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Fun-loving and insanely addictive dance workout. No dance experience required!

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