

	Group Exercise	Cycling	Mind Body
Monday	6am Power Sculpt -Elle 7:05am Core Strength -Elle 9am Piloxing -Kimber 10am Below the Belt-Kimber 11:15am BodyPump -Les Mills 12:00pm Bosu, Step & Sculpt -Elle 1:15pm Core -Les Mills 5:30pm Cardio Sculpt -Kimmy 6:30pm BodyPump -Les Mills	6:15am Cycling Express-Abby 11:15am RPM- Les Mills 12:15pm Cycling-Kimmy 5:30pm The Trip-Les Mills 6:30pm Sprint – Les Mills	6am BodyFlow -Les Mills 7am Pilates Refomer -Kimber 12pm Piloxing -Kimber 12:30pm Pilates Roll -Kimber 5:30pm BodyFlow -Les Mills
Tuesday	6:15am Piloxing-Kimber 6:45am Resisit-a-Ball -Kimber 9:00 am Step and Resist-a-Ball-Kimber 11:15am PiYo-Elle 12pm Power Sculpt-Elle 5:15pm Bootcamp-Abby	6:15am HIIT The Bike-Nicole 11:15am The Trip- Les Mills 12:15pm Cycling-Ken 5:30pm Cycling -Kimmy 6:15pm The Trip- Les Mills	6:00 am POUND + Bosu -Elle 1:00pm Core Strength -Kimmy 6pm BodyFlow -Les Mills
Wednesday	6am Bosu, Box & Step -Elle 7:05am HIIT/Below The Belt - Kimber 8:30am HIIT-Pilates and Core-Kimber 12:05pm Box & Step-Elle 1:15pm Core – Les Mills 5:15pm Core & Restore – Abby 6pm BodyCombat-Les Mills	6:15am The Trip-Les Mills 11:15am Sprint- Les Mills 12:15pm The Trip-Kimmy 5:30pm Sprint-Les Mills 6pm Cycling–Amy	6am BodyFlow -Les Mills 7:05am Core Strength with Bands & Sliders -Elle 11:15am Barre -Elle 5:30pm BodyFlow - Les Mills
Thursday	6am Power Sculpt-Elle 7:05am Bosu-Kimber 8:15am Resist-A-Ball-Kimber 9:15am Morning Stretch-Kimber 11:15am Power Sculpt Express -Elle 12pm Cardio HIIT + Core -Abby 5:15pm Cardio HIIT -Abby 5:45pm Kettlebell -Abby 6:30pm BodyPump -Les Mills	6:00am RPM-LesMills 11:15pm RPM- Les Mills 12:15pm Cycling-Elle 5:15pm RPM-Les Mills 6:30pm Sprint Les Mills	12:15pm Pilates Mat -Kimber 6pm BodyFlow -Les Mills
Friday	8am Cardio Mix-Kimber 9am Step, Sculpt and Stretch-Kimber 11:15am BodyPump -Les Mills 12:00pm Boot Camp -Robby 1:15pm Core -Les Mills 5:15pm BodyCombat -Les Mills	6:15am Cycling -Elle 11:15am The Trip -Les Mills 12:15pm Cycling -Elle 5:15pm RPM -Les Mills 6pm The Trip -Les Mills	7:05 am PiYo -Elle 11:45am Insanity -Kimmy 5pm BodyFlow -Les Mills
Saturday	8am BodyCombat -Les Mills 9:30am Strength HIIT - Krista 10:30am BodyPump -Les Mills	8:30am Cycling -Krista 10:30am RPM -Les Mills	9am BodyFlow -Les Mills 10:30am BodyFlow -Les Mills
Sunday	9am BodyPump -Les Mills 10am BodyCombat -Les Mills	9am RPM -Les Mills 10:30am The Trip -Les Mills	9am BodyFlow -Les Mills 10:30am Yoga Fundamentals -Lauren