




## TR1BE CLASS SCHEDULE\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	<b>LES MILLS BODYATTACK</b> Alex 	<b>LES MILLS BODYPUMP</b> KJ	<b>LES MILLS BODYCOMBAT</b> Katherine	<b>LES MILLS BODYPUMP</b> Mary	<b>LES MILLS GRIT</b> PLYO Chelsey	8:00 AM	<b>LES MILLS BODYPUMP</b> Mary	9:30 AM	<b>LES MILLS GRIT</b>   <b>CARDIO</b> Chelsey
6:00 AM	<b>LES MILLS CXWORX</b> Alex				<b>LES MILLS BODYFLOW</b>  Judy				
6:30 AM-8:30 AM	Pesonal/Small Grp Training	Pesonal/Small Grp Training	Pesonal/Small Grp Training	Pesonal/Small Grp Training	Pesonal/Small Grp Training	9:00 AM	<b>LES MILLS BODYCOMBAT</b> Dawn	10:00 AM	<b>LES MILLS BODYPUMP</b> Chelsey
9:00 AM	<b>LES MILLS GRIT</b> PLYO Dawn	<b>LES MILLS GRIT</b> STRENGTH Katherine	<b>LES MILLS BODYPUMP</b> Mary	<b>LES MILLS GRIT</b>   <b>CARDIO</b> Dawn	<b>LES MILLS BODYCOMBAT</b> Misty	10:00 AM	<b>LES MILLS CXWORX</b> Dawn		
9:30 AM	<b>LES MILLS CXWORX</b> Dawn	<b>LES MILLS CXWORX</b> Katherine		<b>LES MILLS CXWORX</b> Virtual		10:30 AM	<b>LES MILLS BODYFLOW</b> Marilyn		
10:00 AM	<b>LES MILLS BODYFLOW</b> Virtual	<b>LES MILLS BODYPUMP</b> Virtual	<b>LES MILLS BODYFLOW</b> Virtual	<b>LES MILLS BODYPUMP</b> Virtual	<b>LES MILLS GRIT</b>   <b>STRENGTH</b> Dawn				
10:30 AM					<b>LES MILLS CXWORX</b> Dawn				
NOON	<b>LES MILLS BODYPUMP</b> Virtual	<b>LES MILLS BODYCOMBAT</b> Virtual	<b>LES MILLS CXWORX</b> Virtual	<b>LES MILLS SH'BAM</b> Virtual					
12:30 PM			<b>LES MILLS BODYFLOW</b>  Virtual						
4:30 PM	<b>LES MILLS GRIT</b>   <b>CARDIO</b> Katherine	<b>LES MILLS BODYCOMBAT</b> Dawn	<b>4:45 PM</b> <b>LES MILLS BODYPUMP</b> Julie/Kayla	<b>LES MILLS BODYCOMBAT</b> Katherine					
5:00 PM	<b>LES MILLS CXWORX</b> Katherine								
5:30 PM	<b>LES MILLS BODYCOMBAT</b> Katherine	<b>LES MILLS BODYJAM</b> Chelsey	<b>LES MILLS BODYCOMBAT</b> Dawn	<b>LES MILLS BODYPUMP</b> Meagan					
6:00 PM									
6:30 PM	<b>LES MILLS BODYPUMP</b> Chelsey	<b>LES MILLS GRIT</b>   <b>STRENGTH</b> Chelsey	<b>LES MILLS BODYATTACK</b> Elizabeth	<b>LES MILLS BODYJAM</b> Chelsey					
7:00 PM		<b>LES MILLS CXWORX</b> Virtual							

Don't forget to sign-up for classes and check-in once you're in the studio!

\*EFFECTIVE JULY 1\*