




TR1BE CLASS SCHEDULE

Effective August 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	LES MILLS BODYATTACK Alex 	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT PLYO Chelsey	8:30 AM	LES MILLS BODYCOMBAT	9:00 AM	LES MILLS BODYCOMBAT
6:00 AM	LES MILLS CXWORX Alex	KJ	Katherine	Katherine	LES MILLS BODYFLOW  Virtual		Dawn		Katherine
6:30 AM-8:30 AM	Personal/Small Grp Training	Personal/Small Grp Training	Personal/Small Grp Training	Personal/Small Grp Training	Personal/Small Grp Training	9:30 AM	LES MILLS CXWORX Dawn	10:00 AM	LES MILLS BODYPUMP
9:00 AM	LES MILLS GRIT PLYO Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH Dawn	10:00 AM	LES MILLS BODYFLOW Marilyn		Mary
9:30AM	LES MILLS CXWORX Dawn	Virtual	Katherine	Virtual	LES MILLS CXWORX Dawn	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>Don't forget to sign-up for classes and check-in once you're in the studio!</p> </div>			
10:00 AM	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP					
10:30 AM	Virtual	Virtual	Virtual	Virtual					
NOON	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS CXWORX Virtual	LES MILLS SH'BAM					
12:30 PM	Virtual	Virtual	LES MILLS BODYFLOW  Virtual	Virtual					
4:30 PM	LES MILLS GRIT CARDIO Katherine	LES MILLS BODYCOMBAT	4:45 LES MILLS BODYPUMP Julie/Kayla	LES MILLS BODYCOMBAT					
5:00 PM	LES MILLS CXWORX Katherine	Becca		Katherine					
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS BODYJAM	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP					
6:00 PM	Katherine	Chelsey	Dawn	Meagan					
6:30 PM	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYATTACK	LES MILLS BODYJAM					
7:00 PM	Chelsey	Virtual	Elizabeth	Chelsey					