

TR1BE CLASS SCHEDULE * Effective September 15*

| 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 STRENGTH Katherine | 8:30 AM | LES MILLS BODYCOMBAT Dawn | 9:00 AM | LES MILLS BODYCOMBAT Katherine |
| 6:00 AM | LES MILLS CXWORX Alex | KJ | Max | Katherine | LES MILLS BODYFLOW | | Virtual | | 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 Mary |
| 9:00 AM | LES MILLS GRIT PLYO Dawn | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | LES MILLS BODYFLOW | LES MILLS BODYCOMBAT | 10:00 AM | LES MILLS BODYFLOW Marilyn | | Mary |
| 9:30AM | LES MILLS CXWORX Dawn | Virtual | Katherine | Virtual | Max | | | | |
| 10:00 AM | LES MILLS BODYFLOW | LES MILLS BODYPUMP | LES MILLS BODYCOMBAT | LES MILLS GRIT STRENGTH Virtual | | | | | |
| 10:30 AM | Virtual | Virtual | Virtual | LES MILLS CXWORX 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 | | | | | |
| 4:30 PM | LES MILLS GRIT CARDIO Katherine | LES MILLS BODYCOMBAT | 4:45 LES MILLS BODYPUMP Julie/Kayla | LES MILLS BODYATTACK Melissa | | | | | |
| 5:00 PM | LES MILLS CXWORX Katherine | Becca | | | | | | | |
| 5:30 PM | LES MILLS BODYCOMBAT | LES MILLS CXWORX Katherine | LES MILLS BODYCOMBAT | LES MILLS BODYPUMP | | | | | |
| 6:00 PM | Katherine | LES MILLS BODYSTEP | Dawn | Meagan | | | | | |
| 6:30 PM | LES MILLS BODYPUMP | Elizabeth | LES MILLS BODYATTACK | LES MILLS GRIT PLYO Dawn | | | | | |
| 7:00 PM | Kayla | Personal/Small Grp Training | Elizabeth | Personal/Small Grp Training | | | | | |

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