

# TR1BE CLASS SCHEDULE \*Effective October 1\*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	<b>LES MILLS</b> <b>BODYATTACK</b> Alex	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b>   STRENGTH <b>GRIT</b> Katherine	8:30 AM	<b>LES MILLS</b> <b>BODYCOMBAT</b>	9:00 AM	<b>LES MILLS</b> <b>BODYPUMP</b>
6:00 AM	<b>LES MILLS</b> <b>CXWORX</b> Alex	KJ	Max	Katherine	<b>LES MILLS</b> <b>BODYFLOW</b> Virtual		Dawn		Mary
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	<b>LES MILLS</b> <b>CXWORX</b> Dawn	10:00 AM	<b>LES MILLS</b> <b>BODYSTEP</b>
9:00 AM	<b>LES MILLS</b>   PLYO <b>GRIT</b> Dawn	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYFLOW</b>	<b>LES MILLS</b> <b>BODYCOMBAT</b>	10:00 AM	<b>LES MILLS</b> <b>BODYFLOW</b> Marilyn		Elizabeth
9:30AM	<b>LES MILLS</b> <b>CXWORX</b> Dawn	Virtual	Katherine	Virtual	Max	Don't forget to sign-up for classes and check-in once you're in the studio!			
10:00 AM	<b>LES MILLS</b> <b>BODYFLOW</b>	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b>   STRENGTH <b>GRIT</b> Virtual					
10:30 AM	Virtual	Virtual	Virtual	<b>LES MILLS</b> <b>CXWORX</b> Virtual					
NOON	<b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b> <b>CXWORX</b> Virtual	<b>LES MILLS</b> <b>SH'BAM</b>					
12:30 PM	Virtual	Virtual	<b>LES MILLS</b> <b>BODYFLOW</b> Virtual	Virtual					
4:30 PM	<b>LES MILLS</b>   CARDIO <b>GRIT</b> Katherine	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>4:45</b> <b>LES MILLS</b> <b>BODYPUMP</b>	<b>LES MILLS</b> <b>BODYATTACK</b>					
5:00 PM	<b>LES MILLS</b> <b>CXWORX</b> Katherine	Becca	Julie/Kayla	Melissa					
5:30 PM	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b> <b>CXWORX</b> Katherine	<b>LES MILLS</b> <b>BODYCOMBAT</b>	<b>LES MILLS</b> <b>BODYPUMP</b>					
6:00 PM	Katherine	<b>LES MILLS</b> <b>BODYSTEP</b>	Dawn	Meagan					
6:30 PM	<b>LES MILLS</b> <b>BODYPUMP</b>	Elizabeth	<b>LES MILLS</b> <b>BODYATTACK</b>	<b>LES MILLS</b>   PLYO <b>GRIT</b> Dawn					
7:00 PM	Kayla	Personal/Small Grp Training	Elizabeth	Personal/Small Grp Training					