




TR1BE CLASS SCHEDULE * Effective December 1*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	LES MILLS GRIT STRENGTH Katherine	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	8:30 AM	LES MILLS BODYCOMBAT	8:00 AM	 Mary
6:00 AM	LES MILLS CXWORX Katherine	KJ	Max	Katherine	Alex		Dawn		
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	9:00 AM	LES MILLS BODYPUMP Mary
9:00 AM	LES MILLS GRIT PLYO Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT		10:00 AM		 KJ
9:30 AM	LES MILLS CXWORX Dawn	Virtual	Katherine	Dawn	Max				
10:00 AM	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	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 30' Virtual	Virtual					
4:30 PM	LES MILLS GRIT CARDIO Katherine	LES MILLS BODYCOMBAT	4:45 LES MILLS BODYPUMP	LES MILLS BODYATTACK					
5:00 PM	LES MILLS CXWORX Katherine	Becca	Julie/Kayla	Melissa					
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS CXWORX Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	1st, 15th, & 29th 				
6:00 PM	Katherine	LES MILLS BODYSTEP	Dawn	Meagan					
6:30 PM	LES MILLS BODYPUMP	Elizabeth	LES MILLS BODYATTACK	LES MILLS BODYSTEP 30' Meagan Begins Dec. 14					
7:00 PM	Kayla	Personal/Small Grp Training	Elizabeth	Personal/Small Grp Training					