

TR1BE CLASS SCHEDULE *Effective January 1*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	LES MILLS GRIT STRENGTH Katherine	LES MILLS BODYPUMP KJ	LES MILLS GRIT CARDIO Katherine	LES MILLS BODYPUMP Katherine	LES MILLS BODYCOMBAT Alex	8:00 AM	 KJ	8:00 AM	 Mary
6:00 AM	LES MILLS CXWORX Katherine		LES MILLS CXWORX 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	9:00 AM	LES MILLS BODYCOMBAT Dawn	9:00 AM	LES MILLS BODYPUMP Mary
9:00 AM	LES MILLS GRIT PLYO Dawn	 Katherine	LES MILLS BODYPUMP Katherine	LES MILLS BODYSTEP Dawn	LES MILLS BODYCOMBAT Max				
9:30 AM	LES MILLS CXWORX Dawn						10:00 AM	LES MILLS CXWORX Dawn	10:00 AM
10:00 AM	LES MILLS BODYFLOW Virtual	LES MILLS BODYPUMP Virtual	LES MILLS BODYCOMBAT Virtual	LES MILLS BODYPUMP Virtual					
10:30 AM									
NOON	LES MILLS BODYPUMP Virtual	LES MILLS BODYCOMBAT Virtual	LES MILLS CXWORX Virtual	LES MILLS SH'BAM Virtual					
12:30 PM					LES MILLS BODYFLOW 30' Virtual				
4:30 PM	LES MILLS GRIT CARDIO Katherine	LES MILLS BODYCOMBAT Becca	4:45 LES MILLS BODYPUMP Julie/Kayla	LES MILLS RPM Melissa					
5:00 PM	LES MILLS CXWORX Katherine								
5:30 PM	LES MILLS BODYCOMBAT Katherine	LES MILLS GRIT PLYO Dawn	LES MILLS BODYCOMBAT Dawn	LES MILLS BODYPUMP Meagan	 Katherine				
6:00 PM		LES MILLS CXWORX Dawn							
6:30 PM	LES MILLS BODYPUMP Kayla	LES MILLS RPM Elizabeth	SPIN Elizabeth	LES MILLS BODYSTEP 30' Meagan					
7:00 PM				LES MILLS CXWORX Elizabeth	LES MILLS BODYCOMBAT Katherine				

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