

TR1BE CLASS SCHEDULE *Effective February 1*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	LES MILLS GRIT STRENGTH Katherine	LES MILLS BODYPUMP	LES MILLS CARDIO GRIT Katherine	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	8:00 AM		9:00 AM	LES MILLS BODYPUMP Mary
6:00 AM	LES MILLS CXWORX Katherine	KJ	LES MILLS CXWORX Katherine	Katherine	Alex		KJ		
6:30 AM-8:30 AM	Pesonal/Small Grp Training	Pesonal/Small Grp Training	Pesonal/Small Grp Training	Pesonal/Small Grp Training	Pesonal/Small Grp Training	9:00 AM	LES MILLS BODYCOMBAT Dawn	10:00 AM	 Mary
9:00 AM	LES MILLS PLYO GRIT Dawn		LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT				
9:30AM	LES MILLS CXWORX Dawn	Katherine	Katherine	Dawn	Max	10:00 AM	LES MILLS CXWORX Dawn		
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 Virtual 	Virtual					
4:30 PM	LES MILLS CARDIO GRIT Katherine	LES MILLS BODYCOMBAT	4:45 LES MILLS BODYPUMP Julie/Kayla						
5:00 PM	LES MILLS CXWORX Katherine	Becca		Katherine					
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS PLYO GRIT Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP					
6:00 PM	Katherine	LES MILLS CXWORX Dawn	Dawn	Meagan	Katherine				
6:30 PM	LES MILLS BODYPUMP	LES MILLS BODYSTEP		LES MILLS BODYSTEP Meagan 					
7:00 PM	Kayla	Elizabeth	Elizabeth	LES MILLS BODYCOMBAT Katherine 					

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