

TR1BE CLASS SCHEDULE *Effective April 1*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	LES MILLS GRIT STRENGTH Katherine	LES MILLS BODYPUMP	LES MILLS GRIT CARDIO Katherine	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	8:00 AM	SPINNING KJ	9:00 AM	LES MILLS GRIT PLYO CARDIO Mary
6:00 AM	LES MILLS CXWORX Katherine	KJ	LES MILLS CXWORX Katherine	Katherine	Max			9:30 AM	LES MILLS BODYPUMP 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	9:00 AM	LES MILLS BODYCOMBAT Dawn	10:00 AM	LES MILLS CXWORX Dawn
9:00 AM	LES MILLS GRIT PLYO Virtual	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM					
9:30 AM	LES MILLS CXWORX Virtual	Virtual	Virtual	Virtual					
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 BODYFLOW					
12:30 PM	Virtual	Virtual	LES MILLS BODYFLOW	Virtual					
4:30 PM	LES MILLS GRIT CARDIO Mary	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS RPM	 Katherine				
5:00 PM	LES MILLS CXWORX Becca	Katherine	Julie	LES MILLS BODYSTEP					
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS GRIT PLYO Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS sprint Katherine				
6:00 PM	Becca	LES MILLS CXWORX Dawn	Dawn	Meagan					
6:30 PM	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS RPM	LES MILLS BODYCOMBAT					
7:00 PM	Katherine	Personal/Small Grp Training	Virtual	Katherine					

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

Spin Membership Required