









# TR1BE CLASS SCHEDULE

\* Effective July 1 \*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	<b>LES MILLS GRIT</b>   STRENGTH Katherine	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS GRIT</b>   CARDIO Katherine	<b>LES MILLS BODYPUMP</b>	 Mary	8:00 AM	 KJ	9:00 AM	<b>LES MILLS BODYPUMP</b> Mary
6:00 AM	<b>LES MILLS CXWORX</b> Katherine	KJ	<b>LES MILLS CXWORX</b> Katherine	Katherine				9:30 AM	
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	<b>LES MILLS BODYCOMBAT</b> Dawn	10:00 AM	 Jen
9:00 AM	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS RPM</b> 	<b>LES MILLS GRIT</b>   Dawn	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYCOMBAT</b>				
9:30 AM	Mary	Virtual	<b>LES MILLS CXWORX</b> Dawn	Virtual	Max				
10:00 AM	<b>LES MILLS BODYFLOW</b> Virtual	<b>LES MILLS BODYPUMP</b> Virtual	<b>LES MILLS BODYCOMBAT</b> Virtual	<b>LES MILLS RPM</b>  Virtual					
4:30 PM	<b>LES MILLS GRIT</b>   CARDIO Mary	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>	Personal Training	<b>LES MILLS BODYSTEP</b>  Meagan				
5:00 PM	<b>LES MILLS CXWORX</b> Dawn/Katherine	Katherine	Julie						
5:30 PM	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYSTEP</b>  Dawn	<b>LES MILLS BODYCOMBAT</b>	<b>LES MILLS BODYPUMP</b>					
6:00 PM	Dawn/Katherine	<b>LES MILLS CXWORX</b> Dawn	Dawn	Meagan					
6:30 PM	<b>LES MILLS BODYPUMP</b>	<b>LES MILLS BODYFLOW</b>	<b>LES MILLS RPM</b> 	Personal Training					
7:00 PM	Katherine/Kayla	Virtual	Virtual						

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