

TR1BE CLASS SCHEDULE * Effective September 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 BOOTCAMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	8:00 AM	SPINNING KJ/Katherine	9:00 AM	LES MILLS BODYPUMP
6:00 AM	LES MILLS CXWORX Katherine	KJ	45-Min Mary	Misty	Katherine			9:30 AM	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	 Jen
9:00 AM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS GRIT Dawn LES MILLS CXWORX Dawn	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT				
9:30 AM	Serena	Virtual		Virtual	Max				
10:00 AM	LES MILLS BODYFLOW Virtual	LES MILLS BODYPUMP Virtual	LES MILLS BODYCOMBAT Virtual	LES MILLS RPM Virtual					
4:30 PM	Personal/Small Grp Training	LES MILLS BODYCOMBAT Katherine	LES MILLS BODYPUMP Julie	Les Mills Skills Tutorial Sept 13 & 27	LES MILLS BODYPUMP Katherine				
5:00 PM	LES MILLS CXWORX Becca					LES MILLS BODYSTEP Meagan			
5:30 PM	LES MILLS BODYCOMBAT Becca	LES MILLS GRIT Dawn	LES MILLS BODYCOMBAT Dawn	LES MILLS BODYPUMP Meagan					
6:00 PM		LES MILLS CXWORX Dawn							
6:30 PM	LES MILLS BODYPUMP Katherine	LES MILLS BODYJAM Madison	LES MILLS RPM Virtual	LES MILLS BODYJAM Madison					
7:00 PM									

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

= bike class