

TR1BE CLASS SCHEDULE * Effective December 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 BODYCOMBAT Dawn	LES MILLS RPM	LES MILLS BODYPUMP Serena	LES MILLS GRIT Virtual	LES MILLS BODYCOMBAT Max				
9:30 AM	Dawn	Virtual		LES MILLS CXWORX Virtual		10:00 AM	LES MILLS CXWORX Dawn		
10:00 AM	LES MILLS BODYFLOW Virtual	LES MILLS BODYPUMP Virtual	LES MILLS BODYCOMBAT Virtual	LES MILLS RPM					
4:30 PM	Personal Training	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	Personal/Small Grp Training	LES MILLS BODYPUMP				
5:00 PM	LES MILLS CXWORX Becca	Katherine	Katherine		Katherine				
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS GRIT Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP					
6:00 PM	Becca	LES MILLS CXWORX Dawn	Dawn	Meagan					
6:30 PM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYFLOW	LES MILLS BODYJAM					
7:00 PM	Katherine	Virtual	Virtual	Madison					

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

= bike class