

TR1BE CLASS SCHEDULE *Effective January 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	8:30 AM	LES MILLS GRIT
6:00 AM	LES MILLS CXWORX Katherine	KJ	45-Min Mary	Katherine	Katherine				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	9:00 AM	LES MILLS BODYPUMP
9:00 AM	LES MILLS BODYCOMBAT Dawn	LES MILLS RPM Virtual	LES MILLS BODYPUMP Serena	LES MILLS GRIT Virtual LES MILLS CXWORX Virtual	LES MILLS BODYCOMBAT Max				Mary
9:30 AM	Dawn	Virtual	Serena	LES MILLS CXWORX Virtual	Max	10:00 AM	LES MILLS CXWORX Dawn	10:00 AM	 Vinyasa YOGA Jen
10:00 AM	LES MILLS BODYFLOW Virtual	LES MILLS BODYPUMP Virtual	LES MILLS BODYCOMBAT Virtual	LES MILLS RPM Virtual					Jen
4:30 PM	LES MILLS GRIT Virtual	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS sprint Katherine	LES MILLS BODYPUMP Katherine	<p>Don't forget to sign-up for classes & check-in once you're in the studio!</p> <p> = bike class</p>			
5:00 PM	LES MILLS CXWORX Becca	Katherine	Katherine	LES MILLS CXWORX Katherine					
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS GRIT Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS GRIT Katherine				
6:00 PM	Becca	LES MILLS CXWORX Dawn	Dawn	Meagan					
6:30 PM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS BODYJAM						
7:00 PM	Katherine	Jessica	Madison						

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

= bike class