| | | TR1BE TEAM CLASS SCHEDULE | | | *Effective June | | |
|----------|-------------------------|---------------------------|--|---|------------------------|-------------|--|
| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | |
| 5:30 AM | GRIT STRENGTH Katherine | Lesmills | GRIT Mary | LesMILLS BODYPUMP | Lesmills BODYCOMBAT | 8:00 AM | |
| 6:00 AM | CXWORX Katherine | BODYPUMP KJ | BODYFLOW Mary | | Katherine | 0.00 Aivi | |
| 9:00 AM | Lesmills BODYCOMBAT | LesMills RPM & | Lesmills BODYPUMP | GRIT Virtual | LESMILLS BODYSTEP | 9:00 AM | |
| 9:30AM | DOVI COMDAI Dawn | Virtual | Virtual | LesMILLS CXWORX Virtual | Dawn/Virtual | 0.00 7 (IVI | |
| 10:00 AM | Lesmills BODYFLOW | Lesmills BODYPUMP | Lesmills BODYCOMBAT | LESMILLS RPM | | 10:00 AM | |
| | Virtual | Virtual | Virtual | Virtual | | _ | |
| 4:30 PM | GRIT Virtual | Lesmills BODYCOMBAT | Lesmills BODYPUMP | Small Group Training & Personal Training | LesMILLS BODYFLOW | | |
| 5:00 PM | CXWORX Virtual | Katherine | Kayla | Available | Sadie | <u> </u> | |
| 5:30 PM | Lesmills BODYCOMBAT | GRIT PLYO Dawn | Lesmills BODYCOMBAT | Lesmills BODYPUMP | LesMILLS BODYPUMP | _ | |
| 6:00 PM | Весса | CXWORX Dawn | Max | Meagan | Gabe | | |
| 6:30 PM | LesMills BODYPUMP | LESMILLS | Small Group Training & Personal Training Available | | | [| |
| 7:00 PM | Katherine | Jessica | | • | - | | |

Small Group Training available 5:30pm Monday-Thursday. Sign-up required at **Front Desk!**

9:00 AM

10:00 AM

SUNDAY

Lesmills **BODYPUMP**

Gabe/Jessica

Jen

June 1*

SATURDAY

Jessica

Lesmills BODYCOMBAT

Dawn

LESMILLS CXWORX

Dawn

LesMill

Schedule Subject to Change!

Personal Training available by appointment only!