






TR1BE TEAM CLASS SCHEDULE

* Effective August 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 Mary	LES MILLS BODYPUMP	LES MILLS RPM  Jessica	8:00 AM	LES MILLS RPM  Jessica	9:00 AM	LES MILLS BODYPUMP Gabe/Jessica
6:00 AM	LES MILLS CXWORX Katherine	KJ	LES MILLS BODYFLOW Mary	Katherine	LES MILLS CXWORX Jessica				
9:00 AM	LES MILLS BODYCOMBAT	LES MILLS RPM 	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	9:00 AM	LES MILLS BODYCOMBAT Dawn	10:00 AM	 Jen
9:30 AM	Dawn/Virtual	Virtual	Serena	Virtual	Max				
10:00 AM	LES MILLS BODYFLOW Virtual	LES MILLS BODYPUMP Virtual	Small Group Training & Personal Training Available	LES MILLS CXWORX Dawn		10:00 AM	LES MILLS CXWORX Dawn		
				LES MILLS GRIT Virtual					
4:30 PM	LES MILLS GRIT Virtual	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	Small Group Training & Personal Training Available	LES MILLS BODYFLOW	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Small Group Training available 5:30pm Monday-Thursday. Sign-up required at Front Desk! </div>			
5:00 PM	LES MILLS CXWORX Virtual	Katherine	Kayla		Sadie				
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS GRIT PLYO Dawn	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Schedule Subject to Change! </div>			
6:00 PM	Becca	LES MILLS CXWORX Dawn	Dawn	Katherine	Gabe				
6:30 PM	LES MILLS BODYPUMP	LES MILLS RPM 	Small Group Training & Personal Training Available	LES MILLS BODYFLOW	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Personal Training available by appointment only! </div>				
7:00 PM	Katherine	Jessica							