

TR1BE TEAM CLASS SCHEDULE

Effective October 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
5:30 AM	LES MILLS GRIT STRENGTH Katherine	LES MILLS BODYPUMP	LES MILLS RPM Jessica	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	8:00 AM	LES MILLS RPM	9:00 AM	LES MILLS BODYPUMP
6:00 AM	LES MILLS CXWORX Katherine	KJ	LES MILLS CXWORX Jessica	Katherine	Katherine		Jessica		Gabe/Jessica
9:00 AM	LES MILLS BODYCOMBAT	LES MILLS RPM	Small Group Training & Personal Training Available	LES MILLS BODYPUMP	LES MILLS BODYSTEP	9:00 AM	LES MILLS BODYCOMBAT		
9:30AM	Virtual	Virtual		Virtual	Virtual		Dawn		
10:00 AM	LES MILLS BODYFLOW	LES MILLS BODYPUMP	Small Group Training & Personal Training Available	LES MILLS CXWORX Virtual		10:00 AM	LES MILLS CXWORX		Dawn
	Virtual	Virtual		LES MILLS GRIT Virtual					
4:30 PM	LES MILLS GRIT Virtual	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS RPM					
5:00 PM	LES MILLS CXWORX Becca	Katherine	Serena	Katherine					
5:30 PM	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK Rasha	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYPUMP				
6:00 PM	Becca	LES MILLS CXWORX Rasha	Dawn	Meagan					
6:30 PM	LES MILLS BODYPUMP	LES MILLS RPM	Small Group Training & Personal Training Available	LES MILLS BODYFLOW					
7:00 PM	Katherine	Jessica		Serena					

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

Schedule Subject to Change!

Personal Training available by appointment only!