

TR1BE TEAM 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 Katherine	LES MILLS RPM Jessica	LES MILLS BODYPUMP Katherine	LES MILLS BODYCOMBAT Katherine	8:00 AM	LES MILLS RPM Jessica	8:00 AM	LES MILLS BODYFLOW Serena
6:00 AM	LES MILLS CXWORX Katherine		LES MILLS CXWORX Jessica						
9:00 AM	LES MILLS BODYCOMBAT Virtual	LES MILLS RPM Virtual	LES MILLS BODYPUMP Virtual	LES MILLS BODYPUMP Virtual	LES MILLS BODYSTEP Virtual	9:00 AM	LES MILLS BODYCOMBAT Dawn	9:00 AM	LES MILLS BODYPUMP Gabe/Jessica
9:30 AM									
10:00 AM	LES MILLS BODYFLOW Virtual	LES MILLS BODYPUMP Virtual	Small Group Training & Personal Training Available	LES MILLS CXWORX Virtual LES MILLS GRIT Virtual		10:00 AM	LES MILLS CXWORX Dawn		
4:30 PM	Personal Training	LES MILLS BODYCOMBAT Katherine	LES MILLS BODYPUMP Serena	Small Group Training & Personal Training Available					
5:00 PM	LES MILLS CXWORX Becca								
5:30 PM	LES MILLS BODYCOMBAT Becca	LES MILLS BODYATTACK Rasha LES MILLS CXWORX Rasha	LES MILLS BODYCOMBAT Dawn	LES MILLS BODYPUMP Meagan	LES MILLS BODYPUMP Gabe				
6:00 PM									
6:30 PM	LES MILLS BODYPUMP Katherine	LES MILLS RPM Jessica	Small Group Training & Personal Training Available	Small Group Training & Personal Training Available					
7:00 PM									

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

Schedule Subject to Change!

Personal Training available by appointment only!