

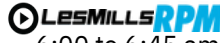








GROUP FITNESS CLASSES

JANUARY THROUGH APRIL 2024

STUDIO CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 LES MILLS RPM 6:00 to 6:45 am Virtual		 LES MILLS RPM 6:00 to 6:45 am Virtual		 LES MILLS RPM 6:00 to 6:45 am Virtual	
Indoor Cycling 8:00 to 8:45 am Elizabeth	Indoor Cycling 8:00 to 8:45 am Denise	Indoor Cycling 8:00 to 8:45 am Elizabeth	Indoor Cycling 8:00 to 8:45 am Denise	Indoor Cycling 8:00 to 8:45 am Elizabeth	
	Functional Strength 9:00 to 9:45 am Denise		Functional Strength 9:00 to 9:45 am Denise		
 LES MILLS CORE 10:00 to 10:30 am Virtual	Oldies Dance 10:00 to 10:45 am Christal	LES MILLS CORE 10:00 to 10:30 am Elizabeth	Oldies Dance 10:00 to 10:45 am Christal	LES MILLS CORE 10:00 to 10:30 am Elizabeth	 LES MILLS BODYPUMP 10:00 to 10:45 pm Virtual
Yoga 10:45 to 11:45 am Kristen		Yoga 10:45 to 11:45 am Kristen		Yoga 10:45 to 11:45 am Maxine	Zumba 11:00 to 12:00 pm Luisa
	LES MILLS sprint 12:00 to 12:30 pm Desiree		LES MILLS sprint 12:00 to 12:30 pm Desiree		Les Mills OnDemand is available when the studio is not in use.
 LES MILLS BODYBALANCE 1:00 to 2:00 pm Virtual	Seated Stability 1:00 to 1:45 pm Christal	 LES MILLS BODYBALANCE 1:00 to 2:00 pm Virtual	Seated Stability 1:00 to 1:45 pm Christal	 LES MILLS BODYBALANCE 1:00 to 2:00 pm Virtual	Click below to see the classes available.
Zumba 4:30 to 5:15 pm Luisa	LES MILLS ONDEMAND 2:00 to 5:00 pm	Zumba 4:30 to 5:15 pm Luisa	LES MILLS ONDEMAND 2:00 to 5:00 pm	Zumba 4:30 to 5:15 pm Luisa	 LES MILLS ONDEMAND 12:00 to 6:00 pm
LES MILLS BODYCOMBAT 5:30 to 6:30 pm Traci	Cycle FUSION 5:30 to 6:30 pm Elizabeth	LES MILLS BODYCOMBAT 5:30 to 6:30 pm Traci	LES MILLS BODYPUMP 5:30 to 6:15 pm Christal	We're hiring! Apply to be a Group Fitness Instructor today!	

Don't see the class you're looking for? Ask a Kroc Associate about our Les Mills OnDemand kiosk!

GYM CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	TRX 8:00 to 8:45 am Ben		TRX 8:00 to 8:45 am Ben		
LES MILLS BODYPUMP 9:00 to 9:45 am Desiree	LES MILLS GRIT 9:00 to 9:30 am Desiree	LES MILLS BODYPUMP 9:00 to 9:45 am Christal	LES MILLS GRIT 9:00 to 9:30 am Desiree	LES MILLS BODYPUMP 9:00 to 9:45 am Paige	
Aquafit (pool) 10:00 to 10:50 am Elizabeth	Aquafit (pool) 10:00 to 10:50 am Linda	Aquafit (pool) 10:00 to 10:50 am Linda	Aquafit (pool) 10:00 to 10:50 am Linda	Aquafit (pool) 10:00 to 10:50 am Desiree	
Circuit Training 12:00 to 12:45 pm Desiree		Circuit Training 12:00 to 12:45 pm Desiree		Circuit Training 12:00 to 12:45 pm Desiree	

CLASS SCHEDULES ARE SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.