











January-March Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYPUMP 5:05AM - 6:05AM Studio 1	LES MILLS BODYCOMBAT 5:05AM - 6:05AM Studio 4	HIIT TRAINING 5:05AM - 5:50AM Studio 3	LES MILLS BODYCOMBAT 5:05AM - 6:05AM Studio 4	KETTLEBELL BOOTCAMP 5:05AM - 5:50AM Studio 3	LES MILLS GRIT ATHLETIC 6:00AM - 6:30AM Studio 1	LES MILLS BODYPUMP 7:05AM - 7:50AM Studio 1
BOOTCAMP 5:05AM - 5:50AM Studio 3	LES MILLS sprint 5:05AM - 5:35AM Studio 2	LES MILLS BODYPUMP 5:05AM - 6:50AM Studio 1	LES MILLS GRIT STRENGTH 5:05AM - 5:35AM Studio 1	LES MILLS BODYATTACK 5:05AM - 5:35AM Studio 4	ON DEMAND 6:00AM - 7:30AM Studio 4	LES MILLS sprint 7:05AM - 7:35AM Studio 2
LES MILLS RPM 5:05AM - 5:50AM Studio 2	Strength Development 5:05AM - 5:50AM Studio 1	LES MILLS RPM 5:05AM - 5:35AM Studio 2	GROUP CYCLING 5:05AM - 5:35AM Studio 2	LES MILLS RPM 5:05AM - 5:35AM Studio 2	LES MILLS THE TRIP 6:00AM - 6:45AM Studio 2	LES MILLS BODYBALANCE 7:15AM - 8:00AM Studio 4
LES MILLS GRIT CARDIO 5:15AM - 5:45AM Studio 4	LES MILLS CORE 5:55AM - 6:25AM Studio 1	LES MILLS BODYBALANCE 5:05AM - 5:50AM Studio 4	CORE 5:40AM - 6:10AM Studio 1	Strength Development 5:05AM - 5:50AM Studio 1	LES MILLS BODYPUMP 6:45AM - 7:30AM Studio 1	ON DEMAND 7:45AM - 8:45AM Studio 2
LES MILLS BODYBALANCE FLEXIBILITY 6:00AM - 6:30AM Studio 4	GROUP CYCLING 6:00AM - 6:45AM Studio 2	LES MILLS sprint 5:45AM - 6:15AM Studio 2	ON DEMAND 6:00AM - 6:45AM Studio 2	LES MILLS BODYBALANCE 5:40AM - 6:10AM Studio 4	LES MILLS RPM 7:00AM - 7:30AM Studio 2	Strength Development 8:00AM - 8:45AM Studio 1
LES MILLS sprint 6:15AM - 6:45AM Studio 2	LES MILLS BODYBALANCE 6:15AM - 7:00AM Studio 4	LES MILLS BODYCOMBAT 6:00AM - 7:00AM Studio 4	DEEP STRETCHING 6:15AM - 7:00AM Studio 4	LES MILLS sprint 6:00AM - 6:30AM Studio 2	TOTAL BODY BOOTCAMP 7:00AM - 7:45AM Studio 3	LES MILLS CORE 8:15AM - 8:45AM Studio 4
WOMEN & WEIGHTS 6:15AM - 7:15AM Studio 1	LES MILLS barre 6:30AM - 7:00AM Studio 1	WOMEN & WEIGHTS 6:15AM - 7:00AM Studio 1	LES MILLS barre 6:30AM - 7:00AM Studio 1	LES MILLS BODYPUMP 6:30AM - 7:30AM Studio 1	LES MILLS GRIT MIX 7:50AM - 8:20AM Studio 4	LES MILLS barre 9:00AM - 9:30AM Studio 4
ON DEMAND 6:30AM - 8:45AM Studio 4	ON DEMAND 7:00AM - 8:15AM Studio 2	ON DEMAND 6:30AM - 7:45AM Studio 2	LES MILLS THE TRIP 7:00AM - 7:45AM Studio 2	LES MILLS SH'BAM 6:30AM - 7:00AM Studio 4	LES MILLS BODYATTACK 8:00AM - 9:00AM Studio 1	LES MILLS RPM 9:00AM - 9:30AM Studio 2
ON DEMAND 7:00AM - 8:45AM Studio 2	ON DEMAND 7:00AM - 7:45AM Studio 4	LOW INTENSITY AEROBICS 7:15AM - 7:45AM Studio 4	LES MILLS barre 7:15AM - 7:45AM Studio 4	ON DEMAND 6:45AM - 8:45AM Studio 2	LES MILLS sprint 8:00AM - 8:30AM Studio 2	LES MILLS BODYPUMP 9:00AM - 9:45AM Studio 1
LES MILLS GRIT CARDIO 7:30AM - 8:00AM Studio 1	LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1	LES MILLS BODYPUMP 7:15AM - 8:00AM Studio 1	Strength Development 8:00AM - 8:45AM Studio 4	STEP & TONE 7:15AM - 7:50AM Studio 4	LES MILLS RPM 8:45AM - 9:15AM Studio 2	LES MILLS BODYBALANCE 9:45AM - 10:45AM Studio 4
LES MILLS Shapes 8:10AM - 8:55AM Studio 1	barre above 8:00AM - 8:45AM Studio 4	LES MILLS sprint 8:00AM - 8:30AM Studio 2	LES MILLS sprint 8:15AM - 8:45AM Studio 2	LES MILLS GRIT MIX 8:00AM - 8:30AM Studio 4	LES MILLS BODYBALANCE 9:00AM - 9:45AM Studio 4	LES MILLS BODYCOMBAT 9:55AM - 10:55AM Studio 1
LES MILLS RPM 9:00AM - 9:45AM Studio 2	LES MILLS BODYPUMP 8:30AM - 9:15AM Studio 1	LES MILLS BODYBALANCE 8:00AM - 8:45AM Studio 4	LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1	LES MILLS BODYPUMP 8:30AM - 9:30AM Studio 1	LES MILLS BODYPUMP 9:10AM - 10:10AM Studio 1	LES MILLS THE TRIP 10:00AM - 10:45AM Studio 2
YOGA 9:00AM - 10:00AM Studio 4	LES MILLS THE TRIP 8:30AM - 9:15AM Studio 2	CORE 8:15AM - 8:45AM Studio 1	YOGA 9:00AM - 10:00AM Studio 4	LES MILLS Shapes 8:45AM - 9:15AM Studio 4	LES MILLS sprint 9:30AM - 10:00AM Studio 2	LES MILLS BODYATTACK 11:00AM - 11:45AM Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS BODYSTEP 9:00AM - 9:30AM Studio 1	 YOGA 9:00AM - 10:00AM Studio 4	LES MILLS BODYSTEP 8:55AM - 9:40AM Studio 1	 LES MILLS RPM 9:15AM - 10:05AM Studio 2	 LES MILLS THE TRIP 9:00AM - 9:45AM Studio 2	 LES MILLS GRIT STRENGTH  ON DEMAND 10:00AM - 10:30AM Studio 4	11:00AM - 3:45PM Studio 2
 LES MILLS BODYBALANCE 10:00AM - 11:00AM Studio 1	LES MILLS BODYBALANCE 9:25AM - 9:50AM Studio 1	LES MILLS RPM 9:00AM - 9:45AM Studio 2	LES MILLS BODYBALANCE 9:35AM - 10:05AM Studio 1	LES MILLS BODYBALANCE 9:20AM - 10:05AM Studio 4	 LES MILLS THE TRIP 10:15AM - 11:00AM Studio 2	 ON DEMAND 11:00AM - 3:45PM Studio 4
 LES MILLS THE TRIP 10:15AM - 11:00AM Studio 2	 LES MILLS RPM 9:30AM - 10:20AM Studio 2	 YOGA 9:00AM - 10:00AM Studio 4	LES MILLS BODYSTEP 10:15AM - 11:15AM Studio 1	LES MILLS BODYCOMBAT 9:40AM - 10:40AM Studio 1	 LES MILLS CORE 10:15AM - 10:45AM Studio 1	
 TAI CHI CONCEPTS 10:30AM - 11:30AM Studio 4	 ZUMBA toning 10:00AM - 11:00AM Studio 1	 ZUMBA gold 10:00AM - 10:45AM Studio 1	 ON DEMAND 10:15AM - 11:45AM Studio 2	 LES MILLS RPM 10:00AM - 10:50AM Studio 2	 LES MILLS GRIT CARDIO 10:45AM - 11:15AM Studio 4	
 LES MILLS SH'BAM 11:15AM - 11:45AM Studio 1	 ON DEMAND 10:30AM - 11:45AM Studio 2	 LES MILLS THE TRIP 10:15AM - 11:00AM Studio 2	 PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM Studio 4	BAZZE above 10:15AM - 11:00AM Studio 4	 LES MILLS RPM 11:15AM - 12:05PM Studio 2	
 LES MILLS sprint 12:00PM - 12:30PM Studio 2	 PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM Studio 4	 FELDENKRAIS/ BONES FOR LIFE 10:45AM - 11:30AM Studio 4	 GROUP CYCLING 12:00PM - 12:30PM Studio 2	 LES MILLS BODYBALANCE 10:45AM - 11:15AM Studio 1	 LES MILLS BODYCOMBAT 11:15AM - 12:15PM Studio 1	
LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1	LES MILLS Shapes 11:05AM - 11:50AM Studio 1	 LES MILLS GRIT STRENGTH 11:00AM - 11:30AM Studio 1	LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1	 LES MILLS sprint 11:00AM - 11:30AM Studio 2	 LES MILLS BODYBALANCE 11:30AM - 12:30PM Studio 4	
 LES MILLS BODYBALANCE 12:00PM - 1:00PM Studio 4	 LES MILLS THE TRIP 12:00PM - 12:45PM Studio 2	 LES MILLS sprint 12:00PM - 12:30PM Studio 2	LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 4	 LES MILLS CORE 11:15AM - 11:45AM Studio 4	 ON DEMAND 12:15PM - 5:45PM Studio 2	
 LES MILLS CORE 12:35PM - 1:05PM Studio 1	 LES MILLS BODYCOMBAT 12:00PM - 1:00PM Studio 4	LES MILLS BODYCOMBAT 12:00PM - 12:30PM Studio 1	LES MILLS BODYBALANCE 12:35PM - 1:05PM Studio 4	 LES MILLS RPM  GROUP CYCLING 12:00PM - 12:30PM Studio 2	 LES MILLS BODYATTACK 12:30PM - 1:30PM Studio 1	
 LES MILLS THE TRIP 1:00PM - 1:45PM Studio 2	LES MILLS BODYPUMP 12:00PM - 1:00PM Studio 1	 AERIAL YOGA  ON DEMAND 12:00PM - 12:30PM Studio 4	 LES MILLS RPM 1:00PM - 1:50PM Studio 2	 ON DEMAND 12:00PM - 1:15PM Studio 4	 ON DEMAND 12:45PM - 5:45PM Studio 4	
 STRENGTH & BALANCE 1:30PM - 2:15PM Studio 4	 LES MILLS sprint 1:00PM - 1:30PM Studio 2	 LES MILLS CORE 12:35PM - 1:05PM Studio 1	 ON DEMAND 1:15PM - 4:15PM Studio 4	LES MILLS BODYSTEP 12:00PM - 12:45PM Studio 1		 LES MILLS BODYPUMP 1:45PM - 2:45PM Studio 1
 LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1	 ON DEMAND 1:15PM - 4:15PM Studio 4	LES MILLS RPM 12:45PM - 1:15PM Studio 2	 LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1	LES MILLS Shapes 12:50PM - 1:20PM Studio 1		
 LES MILLS RPM 2:00PM - 2:50PM Studio 2	 LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1	 LES MILLS THE TRIP 1:30PM - 2:15PM Studio 2	 ON DEMAND 2:00PM - 3:45PM Studio 2	 LES MILLS THE TRIP 1:00PM - 1:45PM Studio 2		
 LES MILLS BODYATTACK 2:30PM - 3:30PM Studio 1	 LES MILLS THE TRIP 1:45PM - 2:30PM Studio 2	 STRENGTH & BALANCE 1:30PM - 2:15PM Studio 4	 LES MILLS BODYATTACK 2:30PM - 3:00PM Studio 1	 LES MILLS BODYPUMP 1:30PM - 2:15PM Studio 1		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div><div><div><div></div></div><div>ON DEMAND</div></div><div><div>3:00PM - 4:45PM</div><div>Studio 2</div></div><div><div>RESERVED FOR LIVESTRONG</div><div><div>3:00PM - 4:15PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>Shapes</div></div><div><div>4:20PM - 5:05PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>BODYSTEP</div></div><div><div>4:30PM - 5:15PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>sprint</div></div><div><div>5:10PM - 5:40PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>BODYCOMBAT</div></div><div><div>5:10PM - 6:10PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>BODYPUMP</div></div><div><div>5:30PM - 6:30PM</div><div>Studio 1</div></div></div><div><div><div></div><div>ON DEMAND</div></div><div><div>6:00PM - 8:45PM</div><div>Studio 2</div></div></div><div><div><div></div><div>YOGA</div></div><div><div>6:30PM - 7:30PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>6:35PM - 7:05PM</div><div>Studio 1</div></div></div><div><div><div><div>LES MILLS</div><div>GRIT</div></div><div>CARDIO</div></div><div><div>7:30PM - 8:00PM</div><div>Studio 1</div></div></div><div><div><div></div><div>ON DEMAND</div></div><div><div>7:45PM - 8:45PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>CORE</div></div><div><div>8:15PM - 8:45PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>BODYCOMBAT</div></div><div><div>10:00PM - 10:30PM</div><div>Studio 3</div></div></div></div>	<div><div><div>LES MILLS</div><div>BODYATTACK</div></div><div><div>2:30PM - 3:30PM</div><div>Studio 1</div></div></div> <div><div><div></div><div>ON DEMAND</div></div><div><div>2:45PM - 4:30PM</div><div>Studio 2</div></div></div> <div><div><div>LES MILLS</div><div>BODYPUMP</div></div><div><div>4:15PM - 5:15PM</div><div>Studio 1</div></div></div> <div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>4:30PM - 5:30PM</div><div>Studio 4</div></div></div> <div><div><div>LES MILLS</div><div>sprint</div></div><div><div>4:45PM - 5:15PM</div><div>Studio 2</div></div></div> <div><div><div>LES MILLS</div><div>CORE</div></div><div><div>5:20PM - 5:50PM</div><div>Studio 1</div></div></div> <div><div><div>LES MILLS</div><div>RPM</div></div><div><div>5:30PM - 6:20PM</div><div>Studio 2</div></div></div> <div><div><div>LES MILLS</div><div>GRIT</div></div><div>STRENGTH</div></div> <div><div>5:45PM - 6:15PM</div><div>Studio 4</div></div> <div><div><div>LES MILLS</div><div>BODYCOMBAT</div></div><div><div>5:55PM - 6:40PM</div><div>Studio 1</div></div></div> <div><div><div>LES MILLS</div><div>SH'BAM</div></div><div><div>6:30PM - 7:15PM</div><div>Studio 4</div></div></div> <div><div><div>RESERVED for Y programming</div><div><div>6:30PM - 7:45PM</div><div>Studio 2</div></div></div><div><div><div>Strength Development</div><div><div>6:50PM - 7:35PM</div><div>Studio 1</div></div></div><div><div><div>AERIAL YOGA</div><div></div></div><div><div>7:30PM - 8:30PM</div><div>Studio 4</div></div></div><div><div><div></div><div>ON DEMAND</div></div><div><div>8:00PM - 8:45PM</div><div>Studio 2</div></div></div></div></div>	<div><div><div>LES MILLS</div><div>BODYPUMP</div></div><div><div>1:30PM - 2:15PM</div><div>Studio 1</div></div></div> <div><div><div></div><div>ON DEMAND</div></div><div><div>2:30PM - 4:00PM</div><div>Studio 2</div></div></div> <div><div><div>LES MILLS</div><div>BODYATTACK</div></div><div><div>2:30PM - 3:30PM</div><div>Studio 1</div></div></div> <div><div><div>RESERVED FOR LIVESTRONG</div><div><div>3:00PM - 4:15PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>BODYCOMBAT</div></div><div><div>4:15PM - 5:15PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>RPM</div></div><div>THE TRIP</div></div><div><div>4:30PM - 5:15PM</div><div>Studio 2</div></div></div> <div><div><div>LES MILLS</div><div>CORE</div></div><div><div>4:30PM - 5:00PM</div><div>Studio 4</div></div></div> <div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>5:15PM - 6:15PM</div><div>Studio 4</div></div></div> <div><div><div>LES MILLS</div><div>BODYPUMP</div></div><div><div>5:30PM - 6:30PM</div><div>Studio 1</div></div></div> <div><div><div>LES MILLS</div><div>sprint</div></div><div><div>5:30PM - 6:00PM</div><div>Studio 2</div></div></div> <div><div><div>LES MILLS</div><div>SH'BAM</div></div><div><div>6:30PM - 7:15PM</div><div>Studio 4</div></div></div> <div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>6:45PM - 7:15PM</div><div>Studio 1</div></div></div> <div><div><div></div><div>ON DEMAND</div></div><div><div>7:15PM - 8:45PM</div><div>Studio 2</div></div></div>	<div><div><div>LES MILLS</div><div>CORE</div></div><div><div>3:15PM - 3:45PM</div><div>Studio 1</div></div></div> <div><div><div>GROUP CYCLING</div><div><div>4:00PM - 4:30PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>BODYPUMP</div></div><div><div>4:15PM - 5:15PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>4:30PM - 5:15PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>BODYATTACK</div></div><div><div>5:30PM - 6:15PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>sprint</div></div><div><div>5:30PM - 6:00PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>5:45PM - 6:30PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>RPM</div></div><div><div>6:15PM - 6:45PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>CORE</div></div><div><div>6:20PM - 6:50PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div>FLEXIBILITY</div></div><div><div>6:45PM - 7:15PM</div><div>Studio 4</div></div></div> <div><div><div></div><div>ON DEMAND</div></div><div><div>7:00PM - 8:45PM</div><div>Studio 2</div></div></div> <div><div><div>RESERVED for Y programming</div><div><div>7:00PM - 7:30PM</div><div>Studio 1</div></div></div><div><div><div></div><div>ON DEMAND</div></div><div><div>7:30PM - 8:45PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>BODYCOMBAT</div></div><div><div>7:45PM - 8:45PM</div><div>Studio 1</div></div></div></div>	<div><div><div>TAI CHI CONCEPTS</div><div><div>1:30PM - 2:30PM</div><div>Studio 4</div></div></div><div><div><div></div><div>ON DEMAND</div></div><div><div>2:00PM - 4:15PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>barre</div></div><div><div>3:00PM - 3:30PM</div><div>Studio 4</div></div></div><div><div><div>BORN TO MOVE</div><div><div>3:05PM - 3:20PM</div><div>Studio 1</div></div></div><div><div><div>BORN TO MOVE</div><div><div>3:20PM - 3:35PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>CORE</div></div><div><div>3:45PM - 4:15PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>4:15PM - 5:00PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>THE TRIP</div></div><div><div>4:30PM - 5:15PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>Shapes</div></div><div><div>4:30PM - 5:15PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>sprint</div></div><div><div>5:30PM - 6:00PM</div><div>Studio 2</div></div></div><div><div><div>LES MILLS</div><div>BODYPUMP</div></div><div><div>5:30PM - 6:30PM</div><div>Studio 1</div></div></div><div><div><div>LES MILLS</div><div>BODYBALANCE</div></div><div><div>5:30PM - 6:30PM</div><div>Studio 4</div></div></div><div><div><div>LES MILLS</div><div>RPM</div></div><div><div>6:15PM - 7:05PM</div><div>Studio 2</div></div></div><div><div><div></div><div>ON DEMAND</div></div><div><div>6:45PM - 8:45PM</div><div>Studio 4</div></div></div></div></div></div>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<div> 8:15PM - 8:45PM Studio 1</div>	<div><div> ON DEMAND</div><div>7:30PM - 8:45PM Studio 4</div><div><div> ATHLETIC</div><div>7:30PM - 8:00PM Studio 1</div><div><div> 8:15PM - 8:45PM Studio 1</div></div></div></div>	<div><div> LES MILLS BODYCOMBAT</div><div>10:00PM - 10:30PM Studio 3</div></div>	<div><div> LES MILLS BODYCOMBAT</div><div>7:00PM - 8:00PM Studio 1</div><div><div> ON DEMAND</div><div>7:15PM - 8:45PM Studio 2</div><div><div> 8:15PM - 8:45PM Studio 1</div></div></div></div>		