



January-March Land & Virtual Fitness Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS GRIT CARDIO 5:15AM - 5:45AM	LES MILLS BODYCOMBAT 5:05AM - 6:05AM	LES MILLS BODYBALANCE 5:05AM - 5:50AM	LES MILLS BODYCOMBAT 5:05AM - 6:05AM	LES MILLS BODYATTACK 5:05AM - 5:35AM	ON DEMAND 6:00AM - 7:30AM	LES MILLS BODYBALANCE 7:15AM - 8:00AM
LES MILLS BODYBALANCE 6:00AM - 6:30AM	LES MILLS BODYBALANCE 6:15AM - 7:00AM	LES MILLS BODYCOMBAT 6:00AM - 7:00AM	LES MILLS DEEP STRETCHING 6:15AM - 7:00AM	LES MILLS BODYBALANCE 5:40AM - 6:10AM	LES MILLS GRIT MIX 7:50AM - 8:20AM	LES MILLS CORE 8:15AM - 8:45AM
ON DEMAND 6:30AM - 8:45AM	ON DEMAND 7:00AM - 7:45AM	LES MILLS LOW INTENSITY AEROBICS 7:15AM - 7:45AM	LES MILLS barre 7:15AM - 7:45AM	LES MILLS SH'BAM 6:30AM - 7:00AM	LES MILLS BODYBALANCE 9:00AM - 9:45AM	LES MILLS barre 9:00AM - 9:30AM
YOGA 9:00AM - 10:00AM	BARRE above 8:00AM - 8:45AM	LES MILLS BODYBALANCE 8:00AM - 8:45AM	Strength Development 8:00AM - 8:45AM	STEP & TONE 7:15AM - 7:50AM	LES MILLS GRIT STRENGTH 10:00AM - 10:30AM	LES MILLS BODYBALANCE 9:45AM - 10:45AM
TAI CHI CONCEPTS 10:30AM - 11:30AM	YOGA 9:00AM - 10:00AM	YOGA 9:00AM - 10:00AM	YOGA 9:00AM - 10:00AM	LES MILLS GRIT MIX 8:00AM - 8:30AM	LES MILLS GRIT CARDIO 10:45AM - 11:15AM	ON DEMAND 11:00AM - 3:45PM
LES MILLS BODYBALANCE 12:00PM - 1:00PM	PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM	FELDENKRAIS/ BONES FOR LIFE 10:45AM - 11:30AM	PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM	LES MILLS Shapes 8:45AM - 9:15AM	LES MILLS BODYBALANCE 11:30AM - 12:30PM	
STRENGTH & BALANCE 1:30PM - 2:15PM	LES MILLS BODYCOMBAT 12:00PM - 1:00PM	AERIAL YOGA \$ 12:00PM - 12:30PM	LES MILLS BODYCOMBAT 12:00PM - 12:30PM	LES MILLS BODYBALANCE 9:20AM - 10:05AM	ON DEMAND 12:45PM - 5:45PM	
RESERVED FOR LIVESTRONG 3:00PM - 4:15PM	ON DEMAND 1:15PM - 4:15PM	RESERVED FOR LIVESTRONG 3:00PM - 4:15PM	ON DEMAND 12:35PM - 1:05PM	BARRE above 10:15AM - 11:00AM		
LES MILLS Shapes 4:20PM - 5:05PM	LES MILLS BODYBALANCE 4:30PM - 5:30PM	LES MILLS CORE 4:30PM - 5:00PM	ON DEMAND 1:15PM - 4:15PM	LES MILLS CORE 11:15AM - 11:45AM		
LES MILLS BODYCOMBAT 5:10PM - 6:10PM	LES MILLS GRIT STRENGTH 5:45PM - 6:15PM	LES MILLS BODYBALANCE 5:15PM - 6:15PM	LES MILLS BODYBALANCE 4:30PM - 5:15PM	ON DEMAND 12:00PM - 1:15PM		
YOGA 6:30PM - 7:30PM	LES MILLS SH'BAM 6:30PM - 7:15PM	LES MILLS BODYBALANCE 5:45PM - 6:30PM	LES MILLS BODYBALANCE 5:45PM - 6:30PM	TAI CHI CONCEPTS 1:30PM - 2:30PM		
ON DEMAND 7:45PM - 8:45PM	AERIAL YOGA \$ 7:30PM - 8:30PM	LES MILLS SH'BAM 6:30PM - 7:15PM	LES MILLS BODYBALANCE 6:45PM - 7:15PM	LES MILLS barre 3:00PM - 3:30PM		
		ON DEMAND 7:30PM - 8:45PM	ON DEMAND 7:30PM - 8:45PM	LES MILLS BODYBALANCE 4:15PM - 5:00PM		
				LES MILLS BODYBALANCE 5:30PM - 6:30PM		
				ON DEMAND 6:45PM - 8:45PM		