



May Land & Virtual Fitness Schedule

Studio
4

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|---|--|--|
| <p> LES MILLS GRIT CARDIO 5:15AM - 5:45AM</p> <p> LES MILLS BODYBALANCE 6:00AM - 6:30AM</p> <p> ON DEMAND 6:30AM - 7:45AM</p> <p> PLEASANT YOGA 8:00AM - 8:45AM</p> <p> YOGA 9:00AM - 10:00AM</p> <p> TAI CHI CONCEPTS 10:30AM - 11:30AM</p> <p> HATHA FLOW YOGA 12:00PM - 1:00PM</p> <p> STRENGTH & BALANCE 1:30PM - 2:15PM</p> <p> ON DEMAND 2:30PM - 4:15PM</p> <p>LES MILLS Shapes 4:30PM - 5:15PM</p> <p>LES MILLS BODYCOMBAT 5:25PM - 6:10PM</p> <p> YOGA 6:30PM - 7:30PM</p> <p> ON DEMAND 7:45PM - 8:45PM</p> | <p>LES MILLS BODYCOMBAT 5:05AM - 6:05AM</p> <p> LES MILLS BODYBALANCE 6:15AM - 7:00AM</p> <p> ON DEMAND 7:00AM - 7:45AM</p> <p>BARRE above 8:00AM - 8:45AM</p> <p> YOGA 9:00AM - 10:00AM</p> <p> PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM</p> <p> LES MILLS BODYCOMBAT 12:00PM - 1:00PM</p> <p> LES MILLS BODYATTACK 1:15PM - 2:00PM</p> <p> ON DEMAND 2:15PM - 4:15PM</p> <p>LES MILLS BODYBALANCE 4:30PM - 5:30PM</p> <p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM</p> <p>LES MILLS SH'BAM 6:30PM - 7:15PM</p> <p> AERIAL YOGA 7:30PM - 8:30PM</p> | <p> LES MILLS BODYBALANCE 5:05AM - 5:50AM</p> <p> LES MILLS BODYCOMBAT 6:00AM - 7:00AM</p> <p> LOW INTENSITY AEROBICS 7:15AM - 7:45AM</p> <p> PLEASANT YOGA 8:00AM - 8:45AM</p> <p> YOGA 9:00AM - 10:00AM</p> <p> FELDENKRAIS/ BONES FOR LIFE 10:45AM - 11:30AM</p> <p> ON DEMAND 11:45AM - 1:15PM</p> <p> STRENGTH & BALANCE 1:30PM - 2:15PM</p> <p> ON DEMAND 2:30PM - 4:15PM</p> <p>LES MILLS CORE 4:30PM - 5:00PM</p> <p>ESSENTRICS STRETCH & TONE 5:15PM - 6:15PM</p> <p> LES MILLS SH'BAM 6:30PM - 7:15PM</p> <p> ON DEMAND 7:30PM - 8:45PM</p> | <p>LES MILLS BODYCOMBAT 5:05AM - 6:05AM</p> <p> DEEP STRETCHING 6:15AM - 7:00AM</p> <p> LES MILLS barre 7:15AM - 7:45AM</p> <p>FUNCTIONAL STRENGTH 8:00AM - 8:45AM</p> <p> YOGA 9:00AM - 10:00AM</p> <p> PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM</p> <p>LES MILLS BODYBALANCE 12:35PM - 1:05PM</p> <p> ON DEMAND 1:15PM - 4:15PM</p> <p>LES MILLS BODYBALANCE 4:30PM - 5:15PM</p> <p>LES MILLS BODYBALANCE 5:45PM - 6:30PM</p> <p> LES MILLS GRIT ATHLETIC 6:45PM - 7:15PM</p> <p> ON DEMAND 7:30PM - 8:45PM</p> | <p>LES MILLS BODYATTACK 5:05AM - 5:35AM</p> <p>LES MILLS BODYBALANCE 5:40AM - 6:10AM</p> <p> LES MILLS SH'BAM 6:30AM - 7:00AM</p> <p> STEP & TONE 7:15AM - 7:50AM</p> <p>LES MILLS GRIT MIX 8:00AM - 8:30AM</p> <p>LES MILLS Shapes 8:40AM - 9:10AM</p> <p>LES MILLS BODYBALANCE 9:20AM - 10:05AM</p> <p>BARRE above 10:20AM - 11:05AM</p> <p> LES MILLS CORE 11:15AM - 11:45AM</p> <p> ON DEMAND 12:00PM - 1:15PM</p> <p> TAI CHI CONCEPTS 1:30PM - 2:30PM</p> <p> LES MILLS barre 3:00PM - 3:30PM</p> <p> LES MILLS BODYBALANCE 4:15PM - 5:00PM</p> <p> HATHA FLOW YOGA 5:30PM - 6:30PM</p> <p> ON DEMAND 6:45PM - 8:45PM</p> | <p> ON DEMAND 6:00AM - 7:30AM</p> <p>LES MILLS GRIT MIX 7:50AM - 8:20AM</p> <p> LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p> LES MILLS GRIT STRENGTH 10:00AM - 10:30AM</p> <p> LES MILLS GRIT CARDIO 10:45AM - 11:15AM</p> <p> LES MILLS BODYBALANCE 11:30AM - 12:30PM</p> <p> ON DEMAND 12:45PM - 5:45PM</p> | <p> LES MILLS BODYBALANCE 7:15AM - 8:00AM</p> <p> LES MILLS CORE 8:15AM - 8:45AM</p> <p> LES MILLS barre 9:00AM - 9:30AM</p> <p>LES MILLS BODYBALANCE 9:45AM - 10:45AM</p> <p> ON DEMAND 11:00AM - 3:45PM</p> |