



September/October Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT TRAINING (\$) 5:05AM - 5:50AM RESERVED for PT 5:50AM - 8:20AM	TRX SUSPENSION (\$) 5:05AM - 5:50AM RESERVED for PT 6:00AM - 12:00PM	KETTLEBELLS (\$) 5:05AM - 5:55AM RESERVED for PT 6:00AM - 12:00PM	BUTTS & GUTS (\$) 5:05AM - 5:50AM RESERVED for PT 6:00AM - 12:00PM	HIIT TRAINING (\$) 5:05AM - 5:50AM KETTLEBELLS (\$) 6:00AM - 6:55AM RESERVED for PT 7:00AM - 12:00PM	LES MILLS GRIT STRENGTH 6:05AM - 6:35AM LES MILLS CXWORX 6:40AM - 7:10AM LES MILLS GRIT STRENGTH 7:30AM - 8:00AM RESERVED for PT 8:00AM - 10:00AM LES MILLS BODYCOMBAT 10:30AM - 11:30AM LES MILLS GRIT CARDIO 11:45AM - 12:15PM LES MILLS BODYPUMP 12:30PM - 1:30PM	LES MILLS BODYCOMBAT 9:15AM - 10:15AM LES MILLS BODYPUMP 10:30AM - 11:30AM LES MILLS GRIT CARDIO 11:45AM - 12:15PM LES MILLS BODYPUMP 12:30PM - 1:30PM
LES MILLS GRIT STRENGTH (\$) 8:25AM - 8:55AM RESERVED for PT 9:00AM - 11:15AM LES MILLS BODYPUMP 11:30AM - 12:30PM LES MILLS GRIT CARDIO 1:00PM - 1:30PM LES MILLS CXWORX 1:45PM - 2:15PM RESERVED for PT 2:30PM - 5:30PM POUNCE (\$) 5:45PM - 6:30PM LES MILLS BODYCOMBAT 6:45PM - 7:45PM LES MILLS CXWORX 8:00PM - 8:30PM	LES MILLS GRIT STRENGTH 12:15PM - 12:45PM LES MILLS CXWORX 1:00PM - 1:30PM LES MILLS BODYCOMBAT 1:45PM - 2:45PM RESERVED for PT 3:00PM - 7:30PM LES MILLS BODYCOMBAT 7:45PM - 8:45PM	INTERVAL TRAINING (\$) 12:00PM - 12:45PM LES MILLS GRIT PLYO 1:00PM - 1:30PM LES MILLS BODYCOMBAT 1:45PM - 2:45PM RESERVED for PT 3:00PM - 5:30PM POUNCE (\$) 5:45PM - 6:30PM RESERVED for PT 6:45PM - 8:45PM	LES MILLS GRIT CARDIO 12:00PM - 12:30PM RESERVED for PT 12:45PM - 1:45PM LES MILLS CXWORX 1:45PM - 2:15PM RESERVED for PT 2:30PM - 7:30PM LES MILLS BODYCOMBAT 7:45PM - 8:45PM	LES MILLS BODYPUMP 12:15PM - 12:45PM LES MILLS GRIT STRENGTH 1:00PM - 1:30PM LES MILLS CXWORX 1:45PM - 2:15PM LES MILLS BODYCOMBAT 2:45PM - 3:45PM LES MILLS CXWORX 4:30PM - 5:00PM LES MILLS GRIT CARDIO 5:15PM - 5:45PM LES MILLS CXWORX 6:00PM - 6:30PM LES MILLS BODYCOMBAT 6:45PM - 7:45PM LES MILLS CXWORX 8:00PM - 8:30PM	LES MILLS BODYCOMBAT 10:30AM - 11:30AM LES MILLS GRIT CARDIO 11:45AM - 12:15PM LES MILLS CXWORX 12:30PM - 1:00PM LES MILLS BODYPUMP 1:15PM - 2:15PM LES MILLS BODYCOMBAT 2:30PM - 3:30PM	