



September/October Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
tone 5:05AM - 6:00AM	LES MILLS BODYCOMBAT 5:05AM - 6:05AM	LES MILLS BODYATTACK 5:05AM - 5:50AM	LES MILLS BODYCOMBAT 5:05AM - 6:05AM	ON DEMAND 5:00AM - 6:00AM	ON DEMAND 6:00AM - 7:45AM	LES MILLS BODYFLOW 9:15AM - 9:45AM
ON DEMAND 6:15AM - 7:00AM	LES MILLS BODYFLOW 6:15AM - 6:45AM	WOMEN & WEIGHTS 6:15AM - 7:00AM	YOGA FLEX 6:15AM - 7:00AM	LES MILLS BODYFLOW 6:30AM - 7:30AM	LES MILLS BODYFLOW 8:00AM - 9:00AM	ON DEMAND 10:00AM - 11:00AM
LOW INTENSITY AEROBICS 7:15AM - 7:45AM	YOGA 7:00AM - 8:00AM	LOW INTENSITY AEROBICS 7:15AM - 7:45AM	barre 7:15AM - 7:45AM	LES MILLS BODYFLOW 7:45AM - 8:45AM	LES MILLS BODYFLOW 9:15AM - 10:00AM	LES MILLS BODYFLOW 11:10AM - 12:10PM
YOGA FLEX 7:50AM - 8:20AM	LES MILLS SH'BAM 8:15AM - 8:45AM	BALANCE & STRENGTH WITH JOYCE 8:00AM - 8:45AM	LES MILLS SH'BAM 8:00AM - 8:45AM	PILATES 9:00AM - 9:45AM	YOGA 10:15AM - 11:15AM	ON DEMAND 12:30PM - 1:45PM
YOGA 9:00AM - 10:00AM	YOGA 9:00AM - 10:00AM	LES MILLS BODYFLOW 9:00AM - 9:45AM	YOGA 9:00AM - 10:15AM	LES MILLS BODYFLOW 10:00AM - 10:45AM	RESERVED for Y programming 11:45AM - 12:30PM	
barre above 10:15AM - 11:00AM	RESERVED for Y programming 10:30AM - 11:45AM	PILATES 10:00AM - 10:45AM	RESERVED for Y programming 10:30AM - 11:45AM	ON DEMAND 11:00AM - 12:00PM	LES MILLS BODYFLOW 12:45PM - 1:45PM	
YOGA 12:00PM - 1:00PM	LES MILLS BODYATTACK 12:00PM - 12:30PM	FELDENKRAIS 11:00AM - 11:45AM	LES MILLS BODYCOMBAT 12:00PM - 1:00PM	YOGA 12:15PM - 1:15PM	barre 2:00PM - 2:30PM	
LOW INTENSITY STRENGTH & BALANCE 1:30PM - 2:15PM	LES MILLS BODYFLOW 12:35PM - 1:05PM	YOGA 12:00PM - 1:00PM	barre 1:30PM - 2:00PM	TAI CHI CONCEPTS 1:30PM - 2:15PM	LES MILLS CXWORX 2:45PM - 3:15PM	
YOGA 2:30PM - 3:30PM	barre 1:30PM - 2:00PM	LOW INTENSITY STRENGTH & BALANCE 1:30PM - 2:15PM	LES MILLS BODYFLOW 2:15PM - 2:45PM	LES MILLS BODYFLOW 2:30PM - 3:30PM		
LES MILLS BODYFLOW 3:45PM - 4:15PM	LES MILLS BODYFLOW 2:15PM - 2:45PM	LES MILLS BODYFLOW 2:30PM - 3:30PM	LES MILLS CXWORX 3:00PM - 3:30PM	LES MILLS BODYFLOW 4:15PM - 5:15PM		
LES MILLS CXWORX 4:30PM - 5:00PM	LES MILLS CXWORX 3:00PM - 3:30PM	RESERVED for Y programming 4:00PM - 5:00PM	LES MILLS BODYFLOW 4:00PM - 5:00PM	CANDLELIGHT YOGA 5:30PM - 6:30PM		
LES MILLS BODYCOMBAT 5:10PM - 6:10PM	barre 3:45PM - 4:15PM	YOGA 5:15PM - 6:15PM	CARDIO JAM 5:10PM - 5:50PM	LES MILLS BODYFLOW 7:00PM - 8:00PM		
LES MILLS BODYFLOW 6:30PM - 7:30PM	LES MILLS BODYFLOW 4:30PM - 5:30PM	ON DEMAND 6:30PM - 8:00PM	barre above 6:00PM - 6:45PM	ON DEMAND 8:15PM - 8:45PM		
barre 7:45PM - 8:15PM	GRIT STRENGTH 💰 5:45PM - 6:15PM	LES MILLS CXWORX 8:15PM - 8:45PM	LES MILLS BODYFLOW 7:00PM - 8:00PM			
	LES MILLS SH'BAM 6:30PM - 7:15PM		ON DEMAND 8:15PM - 8:45PM			
	LES MILLS BODYFLOW 7:30PM - 8:00PM					
	ON DEMAND 8:15PM - 8:45PM					