

**Monday**

**Cycle & Sculpt**  
8:00 AM

**LES MILLS**  
**BODYPUMP**  
9:30 AM

**LES MILLS**  
**BODYPUMP CORE**  
12:00 PM

**HIIT**  
**CYCLE**  
5:15 PM

**LES MILLS**  
**BODYPUMP**  
6:00 PM

**Tuesday**

**LES MILLS**  
**BODYPUMP CORE**  
8:00 AM

**HIIT**  
**CYCLE**  
9:15 AM

**ATHLETIC**  
STRETCH & MOBILITY  
10:00 AM

**LES MILLS**  
**BODYPUMP CORE**  
(45 min)  
5:00 PM

**LES MILLS**  
**BODYCOMBAT**  
6:00 PM

**Wednesday**

**Strength Circuit**  
8:00 AM

**LES MILLS**  
**BODYPUMP**  
9:00 AM

**Cycle & Sculpt**  
12:00 PM

**Cycle & Sculpt**  
5:30 PM

**Thursday**

**LES MILLS**  
**BODYCOMBAT CORE**  
8:00 AM

**ATHLETIC**  
STRETCH & MOBILITY  
9:15 AM

**LES MILLS**  
**BODYPUMP**  
5:15 PM

**Friday**

**Strength Circuit**  
8:00 AM

**HIIT**  
**CYCLE**  
9:00 AM

**LES MILLS**  
**CORE**  
9:45 AM

**Saturday**

**Cycle & Sculpt**  
8:00 AM

**LES MILLS**  
**BODYPUMP**  
9:15 AM

**LES MILLS**  
**BODYCOMBAT**  
10:30 AM

**OC ELITE**  
**FITNESS**  
+ **LES MILLS**

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Updated May 2024