



September

hello
FALL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM		LES MILLS GRIT CARDIO VIRTUAL	PILATES	LES MILLS GRIT ATHLETIC VIRTUAL	LES MILLS PUMP CORE VIRTUAL	NO CLASS	LES MILLS BODYCOMBAT VIRTUAL
09:30AM	CIRCUIT	PILATES		PILATES			LES MILLS BODYPUMP VIRTUAL
12:15PM	LES MILLS GRIT STRENGTH VIRTUAL		LES MILLS GRIT CARDIO VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL
04:30PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL			LES MILLS BODYPUMP VIRTUAL
05:30PM	PILATES	LES MILLS BODYPUMP	PILATES	BODYPUMP GRIT			
06:30PM	BYOB	ZUMBA	BYOB				

- CIRCUIT-1HR FULL BODY
- BYOB (BUILD YOUR OWN BODY) - 1HR FULL BODY
- CORE-30 MIN
- PILATES-1HR FOCUS ON CORE, STRENGTH FLEXIBILITY

- GRIT-30 MIN HIIT
- BODY PUMP- 45 MIN OR 1 HR FULL BODY
- ZUMBA-1HR DANCE CARDIO
- BODYPUMP/GRIT COMBO-30 MIN STRENGTH AND 30 MIN HIIT