



July 2021 GX Schedule

Large Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	7:15	LES MILLS CORE	
7:00	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS CORE	LES MILLS BODYATTACK	8:00	LES MILLS BODYPUMP	
8:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	9:15	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
9:30	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	10:30	 ZUMBA	
10:45	Yoga				Yoga			
5:15	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP				
6:30	 ZUMBA	Pilates						
Small Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:15					LES MILLS BODYFLOW	8:00	LES MILLS BODYSTEP	
8:15	tone		tone					
9:30	LES MILLS BODYCOMBAT	LES MILLS BODYFLOW	LES MILLS BODYATTACK	LES MILLS CORE	LES MILLS BODYSTEP	9:15	LES MILLS BODYFLOW	
10:45		Tai Chi		Tai Chi				
4:00		LES MILLS CORE						
5:30	LES MILLS BODYATTACK	LES MILLS BODYFLOW	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT				
RPM Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM	LES MILLS RPM	8:00	LES MILLS sprint	LES MILLS RPM
5:30					LES MILLS sprint			
7:15	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM	9:15	LES MILLS RPM	LES MILLS sprint
7:30		LES MILLS sprint		LES MILLS sprint				
9:30		LES MILLS RPM		LES MILLS RPM				
5:15	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint				
Yoga Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:15	Barre	Pilates	Yoga	Pilates	Barre	8:15	Barre	
9:30			Barre			9:30	Pilates	
5:15	Barre			Pilates				
5:30			Yoga					
6:30	Yoga							