

November 2021 GX Schedule

Studio One								
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	
6:30		LES MILLS CORE		LES MILLS CORE		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 CORE	LES MILLS BODYPUMP	10:30	 ZUMBA	
12:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP					
4:15		LES MILLS CORE		LES MILLS CORE				
5:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT				
5:15		LES MILLS BODYPUMP						
6:30	 ZUMBA							
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:15	LES MILLS tone		LES MILLS tone			8:00	LES MILLS BODYSTEP	
9:30	LES MILLS BODYCOMBAT		LES MILLS BODYATTACK		LES MILLS BODYSTEP	9:15	LES MILLS BODYFLOW	
10:45		Tai Chi		Tai Chi				
5:15	LES MILLS BODYATTACK			LES MILLS BODYPUMP				
5:30			LES MILLS BODYSTEP					
Cycle Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM		8:00	LES MILLS sprint	LES MILLS RPM
5:30					LES MILLS sprint	9:00		LES MILLS sprint
7:00		LES MILLS sprint		LES MILLS sprint		9:15	LES MILLS RPM	
7:15	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			
9:30	LES MILLS sprint	LES MILLS RPM		LES MILLS RPM				
5:15	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint				
Mindbody Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:15		Pilates	Fusion Yoga	Pilates		8:15	Barre	
9:30	Barre	LES MILLS BODYFLOW	Barre	LES MILLS BODYFLOW	Barre	9:30	Pilates	Yin Yoga
10:45	Vinyasa Yoga		Iyengar Yoga**		Vinyasa Yoga			
4:15	Power Yoga 30 min		Barre 30 min					
5:15		LES MILLS BODYFLOW		Pilates				
5:30			Fusion Yoga					
6:30	Basic Yoga Flow	Pilates		Advanced Vinyasa				

Schedule Runs Nov 1, 2021 - Jan 2, 2022

No Class November 24th