

# January 2022 GX Schedule

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

Schedule Runs Jan 3 - Jan 30, 2022