

Fall 2022 GX Schedule

Studio One								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP	LES MILLS BODYATTACK	LES MILLS BODYPUMP	8:00	LES MILLS BODYPUMP	LES MILLS BODYATTACK
6:30		LES MILLS CORE		LES MILLS CORE		9:15		LES MILLS BODYPUMP
8:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	9:30	LES MILLS BODYCOMBAT	
9:30	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	10:30		
12:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP					
4:15	LES MILLS CORE		LES MILLS CORE	LES MILLS BODYPUMP				
5:15	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP				
6:30		LES MILLS BODYPUMP		LES MILLS BODYPUMP				
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LES MILLS BODYSTEP			8:00	LES MILLS BODYSTEP	
8:15	tone		tone		tone			
8:45		LES MILLS CORE		LES MILLS CORE				
9:30	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK		LES MILLS BODYCOMBAT	LES MILLS BODYSTEP			
10:45		Tai Chi		Tai Chi				
5:15	LES MILLS BODYATTACK		LES MILLS BODYPUMP					
6:30								
Cycle Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS RPM	LES MILLS RPM		LES MILLS RPM	LES MILLS sprint	8:00	LES MILLS sprint	LES MILLS RPM
7:00		LES MILLS sprint		LES MILLS sprint		8:45	LES MILLS RPM	
7:15	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			
9:30	LES MILLS CORE	LES MILLS RPM		LES MILLS RPM	LES MILLS CORE			
10:00	LES MILLS sprint				LES MILLS sprint			
4:15					LES MILLS RPM			
5:15	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS sprint				
6:15	LES MILLS sprint			LES MILLS RPM				
Mindbody Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00					LES MILLS BODYBALANCE			
8:15		Pilates	Fusion Yoga	Pilates		8:00	Pilates	
9:30	Barre		Barre		Barre	9:15	LES MILLS BODYBALANCE	
10:45	Vinyasa Yoga		Stretch, Strength & Restore Yoga		Vinyasa Yoga	9:30		Yin Yoga
4:15	Power Yoga 30 min	Barre 30 min		Int Power Pilates 45 min	Barre 30 min			
5:30	Basic Yoga Flow	LES MILLS BODYBALANCE	Fusion Yoga					
6:00				Yin-Yasa Yoga				
6:30		Pilates						

Schedule Runs September 12 -January 8th, 2023