

Winter 2023 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 BODYSTEP	LES MILLS BODYATTACK
8:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	9:15		LES MILLS BODYPUMP
9:30	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	9:30	LES MILLS BODYCOMBAT	
12:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS GRIT STRENGTH	10:30	ZUMBA	
4:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP				
5:15	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	LES MILLS BODYSTEP				
6:30	LES MILLS GRIT ATHLETIC	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	LES MILLS BODYPUMP				
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LES MILLS BODYSTEP			8:00	LES MILLS BODYPUMP	
6:15		LES MILLS CORE		LES MILLS CORE				
8:15	LES MILLS tone		LES MILLS tone		LES MILLS 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 CORE	LES MILLS BODYPUMP					
6:30	ZUMBA		ZUMBA					
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
6:45		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				
Mindbody Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00					LES MILLS BODYBALANCE			
8:15		Pilates		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				
5:30	Fusion Yoga	LES MILLS BODYBALANCE	Basic Yoga Flow					
6:00				Yin-Yasa Yoga				
6:30		Pilates						