

Fall 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	
8:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	9:15	LES MILLS GRIT	LES MILLS BODYPUMP
9:30	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	LES MILLS BODYBALANCE	LES MILLS BODYPUMP	10:30	ZUMBA	
12:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS GRIT STRENGTH			
4:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYPUMP				
5:15	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS BODYCOMBAT	LES MILLS GRIT				
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 GRIT ATHLETIC			8:00	LES MILLS BODYPUMP	
6:15		LES MILLS CORE		LES MILLS CORE		9:15		LES MILLS BODYATTACK
8:15	LES MILLS tone		LES MILLS tone		LES MILLS tone			
9:30	LES MILLS BODYCOMBAT	LES MILLS GRIT		LES MILLS BODYCOMBAT	LES MILLS BODYSTEP			
10:45		Tai Chi		Tai Chi				
11:00					ZUMBA			
4:15		Kid's Zumba		Kid's Zumba				
5:15	LES MILLS BODYATTACK	LES MILLS BODYSTEP	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 THE TRIP	8:00	LES MILLS sprint	LES MILLS RPM
6:15	LES MILLS THE TRIP					9:00	LES MILLS THE TRIP	
7:00		LES MILLS sprint		LES MILLS sprint				
7:15	LES MILLS RPM		LES MILLS RPM		LES MILLS RPM			
9:30	LES MILLS CORE	LES MILLS RPM	LES MILLS THE TRIP	LES MILLS RPM	LES MILLS CORE			
10:00	LES MILLS sprint	LES MILLS THE TRIP			LES MILLS sprint			
12:00								
4:15					LES MILLS RPM			
5:15	LES MILLS RPM	LES MILLS sprint	LES MILLS RPM	LES MILLS THE TRIP				
Mind-Body Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00					LES MILLS BODYBALANCE	8:00	Pilates	
8:15		Pilates Power		Pilates Power		8:15		Barre 45 min
9:30	Barre		Barre		Barre	9:15	LES MILLS BODYBALANCE	
10:45	Vinyasa Yoga	Gentle Yoga		Gentle Yoga	Vinyasa Yoga	9:30		Yin Yoga
4:15		Power Yoga 45 min		Power Sculpt 45 min	Power Yoga 45 min			
5:30	Fusion Yoga	LES MILLS BODYBALANCE	Basic Yoga Flow	Yin-Yasa Yoga				
6:30		Pilates						

September 11, 2023 - January 7, 2024