

# Fall 2024 GX Schedule

Studio One								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS BODYPUMP	LES MILLS GRIT STRENGTH	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 BODYCOMBAT	LES MILLS BODYPUMP
9:30	LES MILLS BODYPUMP	LES MILLS GRIT	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	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 BODYPUMP	LES MILLS GRIT STRENGTH				
6:30		LES MILLS BODYPUMP		LES MILLS BODYPUMP				
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LES MILLS GRIT			8:00	LES MILLS BODYPUMP	
6:15		LES MILLS CORE		LES MILLS CORE		8:45		LES MILLS GRIT CARDIO
8:15	LES MILLS tone		LES MILLS tone		ZUMBA	9:15	LES MILLS GRIT STRENGTH	
8:45		ZUMBA						
9:30	LES MILLS BODYCOMBAT				LES MILLS BODYSTEP			
10:45		Tai Chi		Tai Chi				
4:15		Kid's Zumba	Kid's Zumba	Kid's Zumba				
5:15	LES MILLS BODYATTACK	LES MILLS BODYSTEP	LES MILLS BODYCOMBAT	ZUMBA				
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 sprint			
12:00		LES MILLS THE TRIP						
4:15					LES MILLS RPM			
4:30			LES MILLS sprint					
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	LES MILLS BODYBALANCE	Barre	LES MILLS BODYBALANCE	Barre	9:15	LES MILLS BODYBALANCE	
10:45	Vinyasa Yoga	Gentle Yoga		Gentle Yoga	Vinyasa Yoga	9:30		Yin Yoga
12:00			Chair Yoga 45 min		Chair Yoga 45 min			
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	Yin Yoga	Pilates	Yin Yoga					

September 9, 2024 - January 5, 2025