

# Spring 2025 GX Schedule

Studio One								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>STRENGTH</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYATTACK</b>	LES MILLS <b>BODYPUMP</b>	8:00	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>STRENGTH</b>
8:15	LES MILLS <b>tone</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>tone</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>GRIT</b> STRENGTH	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYCOMBAT</b>	LES MILLS <b>BODYPUMP</b>	10:30	ZUMBA	
12:00	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYPUMP</b>		LES MILLS <b>STRENGTH</b>			
4:15	LES MILLS <b>CORE</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>CORE</b>	LES MILLS <b>STRENGTH</b>				
5:15	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>BODYSTEP</b>	LES MILLS <b>BODYPUMP</b>	LES MILLS <b>GRIT</b> STRENGTH				
6:30	LES MILLS <b>STRENGTH</b>	LES MILLS <b>BODYPUMP</b>		LES MILLS <b>BODYPUMP</b>				
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LES MILLS <b>GRIT</b>			8:00	LES MILLS <b>BODYSTEP</b>	
6:15		LES MILLS <b>CORE</b>		LES MILLS <b>CORE</b>		9:15	LES MILLS <b>GRIT</b> STRENGTH	LES MILLS <b>GRIT</b> CARDIO
8:15	LES MILLS <b>CORE</b>		LES MILLS <b>STRENGTH</b>		ZUMBA			
8:45		ZUMBA						
9:30	LES MILLS <b>BODYCOMBAT</b>			LES MILLS <b>STRENGTH</b>	LES MILLS <b>BODYSTEP</b>			
10:45		Tai Chi		Tai Chi				
4:15		Kid's Zumba	Kid's Zumba	Kid's Zumba				
5:15		LES MILLS <b>CORE</b>	LES MILLS <b>BODYCOMBAT</b>					
5:30				ZUMBA				
6:30	ZUMBA		ZUMBA					
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>	LES MILLS <b>THE TRIP</b>	8:00	LES MILLS <b>sprint</b>	LES MILLS <b>RPM</b>
6:15						9:00	LES MILLS <b>THE TRIP</b>	
7:00		LES MILLS <b>sprint</b>		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>CORE</b>	LES MILLS <b>RPM</b>	LES MILLS <b>THE TRIP</b>	LES MILLS <b>RPM</b>	LES MILLS <b>CORE</b>			
10:00	LES MILLS <b>sprint</b>				LES MILLS <b>sprint</b>			
12:00		LES MILLS <b>THE TRIP</b>						
4:30			LES MILLS <b>sprint</b>					
5:15	LES MILLS <b>RPM</b>	LES MILLS <b>sprint</b>	LES MILLS <b>RPM+</b>	LES MILLS <b>THE TRIP</b>				
Mind-Body Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00					LES MILLS <b>BODYBALANCE</b>	8:00	Pilates	
8:15		Pilates Power		Pilates Power		8:15		Barre 45 min
9:30	Barre	LES MILLS <b>BODYBALANCE</b>	Barre	LES MILLS <b>BODYBALANCE</b>	Barre	9:15	LES MILLS <b>BODYBALANCE</b>	
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		Barre 45 min	Power Yoga 45 min			
5:30	Fusion Yoga	LES MILLS <b>BODYBALANCE</b>	Basic Yoga Flow	Vin-Yin Yoga				
6:30	Yin Yoga	Pilates	Yin Yoga					

Starts April 7, 2025