Winter 2026 GX Schedule

Studio One

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LesMills BODYPUMP	LesMills STRENGTH	LesMills BODYPUMP	LesMills BODYATTACK	LesMills 45 BODYPUMP	8:00	LesMills BODYPUMP	LesMills STRENGTH
8:15	LesMills tone	LesMills BODYPUMP	LesMills STRENGTH	LesMills BODYPUMP	LesMills CORE	9:15	LesMills BODYCOMBAT	LesMills BODYPUMP
9:30	LesMills STRENGTH	LesMills GRIT STRENGTH	LesMills BODYPUMP	LesMills STRENGTH	LesMills BODYPUMP	10:30	ZUMBA	
12:00	LesMills BODYPUMP		LesMills BODYPUMP	LesMills SCULPT	LesMills STRENGTH			
4:15	LesMills CORE	LesMills 45 BODYPUMP	LesMills CORE	LesMills STRENGTH				
5:15	LesMills BODYPUMP	LesMills BODYSTEP	LesMills BODYPUMP	LesMills GRIT STRENGTH				
6:30	LesMills STRENGTH	LesMills BODYPUMP		LesMills BODYPUMP				

Studio Two

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LesMills GRIT			8:00	LesMills BODYSTEP	
6:15	LesMills STRENGTH	LesMills CORE		LesMills CORE		9:15	LesMills STRENGTH	LesMills GRIT CARDIO
8:15	LesMills CORE		LesMills tone		ZUMBA			
8:45		ZUMBA						
9:30	LesMills BODYCOMBAT		LesMills SCULPT	LesMills BODYCOMBAT	LesMills BODYSTEP			
10:45		Tai Chi		Tai Chi				
4:15		Kid's Zumba		Kid's Zumba				
5:15	LesMills SCULPT	LesMills CORE						
6:30	ZUMBA		ZUMBA					

Cycle Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LesMills RPM	LesMills THE TRIP		LesMills RPM		8:00	LesMills sprint	LesMills RPM
7:00		LesMills sprint		LesMills sprint		9:00	LesMills THE TRIP	
7:15	LesMills RPM		LesMills RPM		LesMills RPM			
9:30	LesMills CORE	LesMills RPM	LesMills THE TRIP	LesMills RPM	LesMills CORE			
10:00	LesMills sprint				LesMills sprint			
12:00		LesMills THE TRIP						
4:30			LesMills sprint					
5:15	LesMills RPM	LesMills sprint	LesMills RPM+	LesMills THE TRIP				

Mind-Body Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00					LesMills BODYBALANCE	8:00	LesMills SCULPT	
8:15		Classical Pilates Power Mat		Classical Pilates Power Mat		8:15		Barre 45 min
9:30	Barre	LesMills BODYBALANCE	Barre	LesMills BODYBALANCE	Barre	9:15	LesMills BODYBALANCE	
10:45	Yin Yoga	Gentle Yoga	Pilates	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	Pilates	LesMills BODYBALANCE	Basic Yoga Flow	Vin-Yin Yoga				
6:30	Hatha Yoga	Pilates	Yin Yoga					

Starts January 12, 2026