

Spring 2026 GX Schedule

Studio One								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS BODYPUMP HEAVY	LES MILLS STRENGTH	LES MILLS GRIT	LES MILLS BODYATTACK	LES MILLS BODYPUMP	8:00	LES MILLS BODYPUMP	LES MILLS BODYPUMP HEAVY
6:15			LES MILLS BODYPUMP HEAVY			9:15	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP
8:15	tone	LES MILLS BODYPUMP	LES MILLS STRENGTH	LES MILLS BODYPUMP HEAVY	LES MILLS CORE	10:30	ZUMBA	
9:30	LES MILLS STRENGTH	LES MILLS BODYPUMP HEAVY	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP			
12:00	LES MILLS BODYPUMP		LES MILLS BODYPUMP	LES MILLS SCULPT	LES MILLS BODYPUMP HEAVY			
4:15	LES MILLS CORE	LES MILLS BODYPUMP	LES MILLS CORE	LES MILLS STRENGTH				
5:15	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP HEAVY	LES MILLS GRIT STRENGTH				
6:30	LES MILLS STRENGTH	LES MILLS BODYPUMP HEAVY		LES MILLS BODYPUMP				
Studio Two								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15			LES MILLS BODYPUMP			8:00	LES MILLS BODYSTEP	
6:15	LES MILLS STRENGTH	LES MILLS CORE		LES MILLS CORE		9:15	LES MILLS STRENGTH	LES MILLS GRIT CARDIO
8:15	LES MILLS CORE	ZUMBA	tone		ZUMBA			
9:30	LES MILLS BODYCOMBAT	LES MILLS GRIT STRENGTH	LES MILLS SCULPT	LES MILLS STRENGTH	LES MILLS BODYSTEP			
10:45		Tai Chi		Tai Chi				
4:15		Kid's Zumba		Kid's Zumba				
4:30	LES MILLS SCULPT							
5:15		LES MILLS CORE						
6:30	ZUMBA		ZUMBA					
Cycle Studio								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:15	LES MILLS RPM	LES MILLS THE TRIP		LES MILLS RPM	LES MILLS sprint	8:00	LES MILLS sprint	LES MILLS RPM
7:00		LES MILLS sprint		LES MILLS sprint		9:00	LES MILLS THE TRIP	
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						
4:30			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	LES MILLS SCULPT	
8:15		Classical Pilates Power Mat		Classical Pilates Power Mat		8:15		Barre 45 min
9:30	Barre	LES MILLS BODYBALANCE	Barre	LES MILLS BODYBALANCE	Barre	9:15	LES MILLS 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		Yoga Strength 45 min				
5:30	Pilates	LES MILLS BODYBALANCE	Basic Yoga Flow	Barre				
6:30	Hatha Yoga	Pilates	Yin Yoga					

Starts April 20, 2026