



**SKY**  
FITNESS.

# GROUP FITNESS WEEKLY TIMETABLE

## MON

5:10AM  
ERIN  
**SKYROX**

6:00AM  
ERIN  
**LES MILLS  
sprint**

6:00AM  
KATE R  
**SKY  
SWEAT**

9:15AM  
CHANY  
**LES MILLS  
BODYPUMP**

11:15AM  
SOLO  
**SKY  
SWEAT  
SOLO**

4:45PM  
SOLO  
**SKY  
SWEAT  
SOLO**

5:30PM  
KATE  
**LES MILLS  
BODYPUMP**

6:05PM  
KATE  
**LES MILLS  
BODYATTACK**

6:45PM  
DALLAS  
**LES MILLS  
BODYBALANCE**

## TUES

5:10AM  
ERIN  
**LES MILLS  
STRENGTH  
DEVELOPMENT**

6:00AM  
ERIN  
**LES MILLS  
sprint**

6:00AM  
KATE Y  
**STRATZIO**

9:15AM  
RACH  
**CORE**

11:15AM  
SOLO  
**SKY  
SWEAT  
SOLO**

6:00PM  
CHANY  
**LES MILLS  
sprint**

5:15PM  
THE KATE'S  
**SKY  
SWEAT  
OR  
STRENGTH  
DEVELOPMENT**

7:00PM  
CHANY  
**7ANCE**

## WED

5:15AM  
JAYNE  
**LES MILLS  
GRIT**

6:00AM  
ERIN  
**LES MILLS  
sprint**

6:00AM  
RACH  
**CORE**

9:15AM  
KATE Y  
**LES MILLS  
BODYPUMP**

11:15AM  
SOLO  
**SKY  
SWEAT  
SOLO**

5:30PM  
KATE  
**LES MILLS  
BODYATTACK**

6:05PM  
KATE  
**LES MILLS  
GRIT**

6:45PM  
CHANY  
**7ANCE**

## THUR

5:10AM  
KATE  
**STRENGTH  
at SKY**

6:00AM  
CHANY  
**LES MILLS  
sprint**

6:00AM  
ERIN  
**SKYROX**

9:15AM  
CHANY  
**7ANCE**

11:15AM  
SOLO  
**SKY  
SWEAT  
SOLO**

4:40PM  
SOLO  
**STRENGTH  
VIRTUAL**

5:30PM  
CHANY  
**LES MILLS  
BODYPUMP**

6:05PM  
RACH  
**CORE**

6:45PM  
CHANY  
**7ANCE**

## FRI

5:15AM  
JAYNE  
**LES MILLS  
GRIT**

6:00AM  
CHANY  
**LES MILLS  
sprint**

6:00AM  
KATE R  
**LES MILLS  
BODYPUMP**

9:15AM  
KATE Y  
**STRATZIO**

11:15AM  
SOLO  
**SKY  
SWEAT  
SOLO**

5:30PM  
SOLO  
**SKY  
SWEAT  
SOLO**

6:05PM  
RACH  
**CORE**

## SAT

7:30AM  
TEAM SKY  
**SKYROX  
OR  
SKY  
SWEAT**

8:15AM  
KATE  
**LES MILLS  
BODYATTACK**

9:10AM  
KATE  
**LES MILLS  
BODYPUMP**

## SUN

7:45AM  
KATE  
**LES MILLS  
GRIT**

8:30AM  
JAYNE  
**LES MILLS  
sprint**

9:25AM  
DALLAS  
**LES MILLS  
BODYBALANCE**

4:00PM  
KATE  
**LES MILLS  
STRENGTH  
DEVELOPMENT**