



GROUP FITNESS

WEEKLY TIMETABLE

MON

5:10AM ERIN
▲ SKYROX

6:00AM ERIN
▲ LESMILLS
sprint

6:00AM JESS
▲ LESMILLS
BODYATTACK

9:05AM EMMA
▲ LESMILLS
BODYPUMP

11:15AM SOLO
▲ SWEAT
SOLO

4:45PM SOLO
▲ SWEAT
SOLO

5:30PM KATE
▲ LESMILLS
BODYPUMP

6:05PM KATE
▲ LESMILLS
BODYATTACK

6:45PM DALLAS
▲ LESMILLS
BODYBALANCE

TUES

5:10AM KATE
▲ LESMILLS
**STRENGTH
DEVELOPMENT**

6:00AM ERIN
▲ LESMILLS
sprint

6:00AM KATE
▲ STRA7ID

9:15AM ERIN
▲ SKYROX

11:15AM SOLO
▲ SWEAT
SOLO

6:00PM LLOYD
▲ LESMILLS
sprint

5:15PM KATE
▲ LESMILLS
**STRENGTH
DEVELOPMENT**

6:45PM BROOKE
▲ ZUMBA

WED

5:15AM JAYNE
▲ LESMILLS
GRIT

6:00AM ERIN
▲ LESMILLS
sprint

6:00AM JOEL
▲ MUSCLE LAB

9:15AM KATE
▲ LESMILLS
BODYPUMP

11:15AM SOLO
▲ SWEAT
SOLO

5:30PM KATE
▲ LESMILLS
BODYATTACK

6:05PM KATE
▲ LESMILLS
GRIT

6:45PM BROOKE
▲ ZUMBA

THUR

5:10AM KATE
▲ LESMILLS
**STRENGTH
DEVELOPMENT**

6:00AM ERIN
▲ SKYROX

9:15AM EMMA
▲ LESMILLS
GRIT

11:15AM SOLO
▲ SWEAT
SOLO

4:40PM SOLO
▲ STRENGTH
VIRTUAL

5:30PM EMMA
▲ LESMILLS
BODYPUMP

6:05PM JESS
▲ CORE

6:45PM BROOKE
▲ ZUMBA

FRI

5:15AM JAYNE
▲ LESMILLS
GRIT

6:00AM ERIN
▲ LESMILLS
sprint

6:00AM JOEL
▲ MUSCLE LAB

9:15AM KATE
▲ STRA7ID

11:15AM SOLO
▲ SWEAT
SOLO

SAT

7:30AM ERIN
▲ SKYROX

8:15AM KATE
▲ LESMILLS
BODYATTACK

9:00AM KATE
▲ LESMILLS
BODYPUMP

SUN

7:45AM KATE
▲ LESMILLS
GRIT

8:30AM JAYNE
▲ LESMILLS
sprint

8:30AM JOEL
▲ MUSCLE LAB

9:25AM DALLAS
▲ LESMILLS
BODYBALANCE

4:00PM KATE
▲ LESMILLS
**STRENGTH
DEVELOPMENT**