



group fitness schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:00a		LES MILLS CXWORX		LES MILLS CXWORX				
9:30a		PTG X		FAT ATTACK		10:00a	PTG X	
10/11:00a		PILATES YOGA FUSION 10:00		PILATES YOGA FUSION 11:00				
3:00p	PILATES YOGA FUSION							
5:30p	SPINNING	PTG X	SPINNING		PILATES YOGA FUSION			
6:00p		LES MILLS CXWORX		PTG X				
6:30p		PILATES YOGA FUSION						

small group training & pilates studio

11:00a		KINESIS TRAINING						
12:00p	Pilates Reformer Training		Pilates Reformer Training	KINESIS TRAINING				
	Small Group Personal Training- See Separate Schedule for GRIT Series	LES MILLS GRIT SERIES 30 MINUTE HIGH INTENSITY INTERVAL TRAINING	LES MILLS GRIT STRENGTH 30 MINUTE HIGH INTENSITY INTERVAL TRAINING	LES MILLS GRIT PLYO 30 MINUTE HIGH INTENSITY INTERVAL TRAINING	LES MILLS GRIT CARDIO 30 MINUTE HIGH INTENSITY INTERVAL TRAINING			