

# ALL FITNESS CLASSES ARE FREE TO GOLD-LEVEL MEMBERS

 = \$3 per class/silver members














 = **scheduled** virtual classes

**ONDEMAND** = virtual classes  
(Choose from a variety of LesMills virtual workouts.)

## JULY 2019

LIVE, VIRTUAL, & ONDEMAND CLASSES

# FITNESS ROOM A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b>  5:30AM - 6:30AM	<b>Kroc H.I.I.T.</b> 6:00AM - 6:30AM	<b>LES MILLS BODYPUMP</b>  5:30AM - 6:30AM	<b>Kroc H.I.I.T.</b> 6:00AM - 6:30AM	<b>LES MILLS BODYPUMP</b>  5:30AM - 6:30AM	<b>LES MILLS GRIT   CARDIO</b> 8:00AM - 8:30AM	<b>LES MILLS BODYPUMP</b> 9:30AM - 10:15AM
<b>ONDEMAND</b> 6:45AM - 8:00AM	<b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM	<b>ONDEMAND</b> 6:45AM - 8:00AM	<b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM	<b>ONDEMAND</b> 6:45AM - 8:45AM	<b>LES MILLS BODYPUMP</b>  8:45AM - 9:45AM	<b>LES MILLS CXWORX</b> 10:15AM - 10:45AM
<b>Senior Fit</b> 8:15AM - 8:45AM	<b>ONDEMAND</b> 7:45AM - 9:00AM	<b>Senior Fit</b> 8:15AM - 8:45AM	<b>ONDEMAND</b> 7:45AM - 9:00AM	<b>LES MILLS BODYPUMP</b>  9:00AM - 10:00AM	<b>LES MILLS CXWORX</b> 10:00AM - 10:30AM	<b>LES MILLS GRIT   CARDIO</b> 10:45AM - 11:15AM
<b>LES MILLS BODYPUMP</b>  9:00AM - 10:00AM	<b>LES MILLS CXWORX</b> 9:15AM - 9:45AM	<b>LES MILLS BODYPUMP</b>  9:00AM - 10:00AM	<b>LES MILLS CXWORX</b>  9:15AM - 9:45AM	<b>ONDEMAND</b> 10:15AM - 11:45AM	<b>LES MILLS GRIT   PLYO</b> 10:30AM - 11:00AM	<b>ONDEMAND</b> 11:15AM - 5:45PM
<b>Low Impact Cardio</b> 10:15AM - 10:45AM	<b>Fit 4 Life</b> 10:00AM - 11:00AM	<b>Low Impact Cardio</b> 10:15AM - 10:45AM	<b>Fit 4 Life</b> 10:00AM - 11:00AM	<b>LES MILLS CXWORX</b> 12:00PM - 12:30PM	<b>LES MILLS GRIT   STRENGTH</b> 11:00AM - 11:30AM	
<b>Butts &amp; Guts</b> 10:50AM - 11:20AM	<b>Reserved for Healthy Aging</b> 11:05AM - 11:35AM	<b>Butts &amp; Guts</b> 10:50AM - 11:20AM	<b>Reserved for Healthy Aging</b> 11:05AM - 11:35AM	<b>ONDEMAND</b> 12:35PM - 5:30PM	<b>ONDEMAND</b> 11:30AM - 1:00PM	
<b>LES MILLS CXWORX</b> 12:00PM - 12:30PM	<b>LES MILLS BODYPUMP</b>  12:00PM - 12:45PM	<b>LES MILLS CXWORX</b> 12:00PM - 12:30PM	<b>LES MILLS BODYPUMP</b> 12:00PM - 12:45PM	<b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM	<b>LES MILLS BODYPUMP</b> 1:00PM - 1:30PM	
<b>ONDEMAND</b> 12:35PM - 5:15PM	<b>ONDEMAND</b> 1:00PM - 4:45PM	<b>ONDEMAND</b> 12:35PM - 5:15PM	<b>ONDEMAND</b> 1:00PM - 4:45PM	<b>LES MILLS CXWORX</b> 6:45PM - 7:15PM	<b>ONDEMAND</b> 1:30PM - 7:45PM	
<b>LES MILLS BODYPUMP</b>  5:30PM - 6:30PM	<b>LES MILLS CXWORX</b> 4:45PM - 5:15PM	<b>LES MILLS BODYPUMP</b>  5:30PM - 6:30PM	<b>LES MILLS CXWORX</b> 4:45PM - 5:15PM	<b>ONDEMAND</b> 7:15PM - 9:45PM		
<b>LES MILLS CXWORX</b> 6:45PM - 7:15PM	<b>Xtreme Hip Hop</b>  5:30PM - 6:15PM	<b>LES MILLS GRIT   CARDIO</b> 6:45PM - 7:15PM	<b>Xtreme Hip Hop</b>  5:30PM - 6:15PM			
<b>ONDEMAND</b> 7:15PM - 9:45PM	<b>LES MILLS GRIT   PLYO</b> 6:30PM - 7:00PM	<b>ONDEMAND</b> 7:15PM - 9:45PM	<b>LES MILLS GRIT   STRENGTH</b> 6:30PM - 7:00PM			
	<b>LES MILLS BODYPUMP</b> 7:15PM - 7:45PM		<b>LES MILLS BODYPUMP</b> 7:15PM - 7:45PM			
	<b>ONDEMAND</b> 7:45PM - 9:45PM		<b>ONDEMAND</b> 7:45PM - 9:45PM			

Virtual Classes are free to members & day pass users.  
Schedule subject to change without notice.

# ALL FITNESS CLASSES ARE FREE TO GOLD-LEVEL MEMBERS

 = \$3 per class/silver members

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## JULY 2019

LIVE, VIRTUAL, & ONDEMAND CLASSES

## FITNESS ROOM B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <b>LES MILLS CXWORX</b> 6:00AM - 6:30AM	 <b>LES MILLS BODYFLOW</b> 5:30AM - 6:25AM	 <b>LES MILLS BODYFLOW</b> 6:00AM - 6:30AM	 <b>LES MILLS BODYFLOW</b> 5:30AM - 6:25AM	 <b>LES MILLS CXWORX</b> 6:00AM - 6:30AM	 <b>LES MILLS BODYCOMBAT</b> 7:30AM - 8:00AM	 <b>LES MILLS BODYCOMBAT</b> 9:30AM - 10:30AM
<b>ONDEMAND</b> 6:30AM - 8:00AM	<b>ONDEMAND</b> 6:35AM - 8:45AM	<b>ONDEMAND</b> 6:30AM - 9:00AM	<b>ONDEMAND</b> 6:35AM - 8:45AM	<b>ONDEMAND</b> 6:30AM - 8:00AM	 <b>LES MILLS SH'BAM</b> 8:00AM - 8:30AM	 <b>LES MILLS BODYFLOW</b> 10:30AM - 11:30AM
 <b>LES MILLS BODYFLOW</b> 8:00AM - 9:00AM	Zumba  9:00AM - 9:45AM	 <b>Kroc Dance Fitness</b>  9:15AM - 10:00AM	Zumba  9:00AM - 9:45AM	 <b>LES MILLS BODYFLOW</b> 8:00AM - 9:00AM	<b>LES MILLS BODYFLOW</b> 8:45AM - 9:40AM	 <b>LES MILLS SH'BAM</b> 11:30AM - 12:15PM
 <b>Kroc Dance Fitness</b>  9:15AM - 10:00AM	<b>LES MILLS BODYFLOW</b> 10:00AM - 10:55AM	 <b>Pilates</b>  10:15AM - 11:00AM	<b>LES MILLS BODYFLOW</b> 10:00AM - 10:55AM	 <b>Kroc Dance Fitness</b>  9:15AM - 10:00AM	<b>POUND</b>  10:00AM - 10:45AM	<b>ONDEMAND</b> 12:15PM - 5:45PM
<b>POUND</b>  10:15AM - 11:00AM	 <b>Gentle Yoga</b>  11:15AM - 12:00PM	 <b>LES MILLS barre</b> 11:15AM - 11:45AM	 <b>Gentle Yoga</b>  11:15AM - 12:00PM	 <b>LES MILLS SH'BAM</b> 10:15AM - 11:00AM	 <b>LES MILLS BODYCOMBAT</b> 11:00AM - 11:30AM	
 <b>barre</b> 11:15AM - 11:45AM	<b>ONDEMAND</b> 12:15PM - 4:45PM	<b>LES MILLS BODYFLOW</b> 12:00PM - 12:45PM	<b>ONDEMAND</b> 12:15PM - 4:45PM	 <b>barre</b> 11:15AM - 11:45AM	 <b>barre</b> 11:30AM - 12:00PM	
<b>LES MILLS BODYFLOW</b> 12:00PM - 12:45PM	 <b>barre</b> 4:45PM - 5:15PM	<b>ONDEMAND</b> 1:00PM - 4:45PM	 <b>barre</b> 4:45PM - 5:15PM	 <b>LES MILLS BODYFLOW</b> 12:00PM - 12:30PM	 <b>LES MILLS BODYFLOW</b> 12:00PM - 12:30PM	
<b>ONDEMAND</b> 1:00PM - 4:45PM	 <b>LES MILLS BODYCOMBAT</b>  5:30PM - 6:25PM	 <b>LES MILLS BODYFLOW</b> 4:45PM - 5:15PM	 <b>LES MILLS BODYCOMBAT</b>  5:30PM - 6:25PM	<b>ONDEMAND</b> 12:30PM - 4:45PM	<b>ONDEMAND</b> 12:30PM - 7:45PM	
 <b>LES MILLS BODYFLOW</b> 4:45PM - 5:15PM	<b>LES MILLS BODYFLOW</b> 6:30PM - 7:25PM	<b>POUND</b>  5:30PM - 6:15PM	<b>LES MILLS BODYFLOW</b> 6:30PM - 7:30PM	 <b>LES MILLS BODYFLOW</b> 4:45PM - 5:15PM		
<b>POUND</b>  5:30PM - 6:15PM	 <b>LES MILLS SH'BAM</b> 7:35PM - 8:05PM	 <b>Yoga</b>  6:30PM - 7:30PM	 <b>LES MILLS SH'BAM</b> 7:35PM - 8:05PM	 <b>LES MILLS SH'BAM</b> 5:30PM - 6:00PM		
<b>LES MILLS BODYCOMBAT</b> 6:30PM - 7:00PM	<b>ONDEMAND</b> 8:05PM - 9:45PM	 <b>LES MILLS BODYCOMBAT</b> 7:45PM - 8:15PM	<b>ONDEMAND</b> 8:05PM - 9:45PM	 <b>LES MILLS BODYCOMBAT</b> 6:00PM - 6:30PM		
 <b>LES MILLS BODYFLOW</b> 7:15PM - 7:45PM		<b>ONDEMAND</b> 8:15PM - 9:45PM		<b>ONDEMAND</b> 6:30PM - 9:45PM		
<b>ONDEMAND</b> 7:45PM - 9:45PM						

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**ALL FITNESS CLASSES ARE FREE TO GOLD-LEVEL MEMBERS**
















**JULY 2019**

LIVE, VIRTUAL, & ONDEMAND CLASSES

**CYCLING ROOM**

 = **scheduled** virtual classes

**ONDEMAND** = virtual classes  
(Choose from a variety of LesMills virtual workouts.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Kroc Cycling</b> 5:30AM - 6:15AM	<b>Kroc Cycling</b> 5:30AM - 6:00AM	<b>Kroc Cycling</b> 5:30AM - 6:15AM	<b>Kroc Cycling</b> 5:30AM - 6:00AM	 <b>LES MILLS RPM</b> 5:30AM - 6:20AM	<b>Kroc Cycling</b> 8:00AM - 8:45AM	 <b>LES MILLS RPM</b> 9:30AM - 10:20AM
<b>ONDEMAND</b> 6:45AM - 8:00AM	<b>ONDEMAND</b> 6:15AM - 8:00AM	<b>ONDEMAND</b> 6:45AM - 8:00AM	<b>ONDEMAND</b> 6:15AM - 8:00AM	<b>ONDEMAND</b> 6:45AM - 8:00AM	<b>ONDEMAND</b> 9:00AM - 10:45AM	<b>ONDEMAND</b> 10:20AM - 12:00PM
 <b>LES MILLS RPM</b> 8:00AM - 8:50AM	<b>Kroc Cycling</b> 8:15AM - 8:50AM	 <b>LES MILLS RPM</b> 8:00AM - 8:50AM	<b>Kroc Cycling</b> 8:15AM - 8:50AM	 <b>LES MILLS RPM</b> 8:00AM - 8:50AM	 <b>LES MILLS RPM</b> 10:45AM - 11:35AM	 <b>LES MILLS RPM</b> 12:00PM - 12:30PM
<b>ONDEMAND</b> 8:50AM - 12:00PM	<b>ONDEMAND</b> 9:00AM - 12:15PM	<b>ONDEMAND</b> 8:50AM - 12:00PM	<b>ONDEMAND</b> 9:00AM - 12:15PM	<b>ONDEMAND</b> 8:50AM - 12:00PM	<b>ONDEMAND</b> 11:35AM - 7:35PM	<b>ONDEMAND</b> 12:30PM - 5:45PM
 <b>LES MILLS RPM</b> 12:00PM - 12:50PM	 <b>LES MILLS RPM</b> 12:15PM - 12:45PM	 <b>LES MILLS RPM</b> 12:00PM - 12:50PM	 <b>LES MILLS RPM</b> 12:15PM - 12:45PM	 <b>LES MILLS RPM</b> 12:00PM - 12:50PM		
<b>ONDEMAND</b> 12:50PM - 4:30PM	<b>ONDEMAND</b> 12:45PM - 5:15PM	<b>ONDEMAND</b> 12:50PM - 4:30PM	<b>ONDEMAND</b> 12:45PM - 5:15PM	<b>ONDEMAND</b> 12:50PM - 4:30PM		
 <b>LES MILLS RPM</b> 4:30PM - 5:20PM	<b>Kroc Cycling</b> 5:30PM - 6:15PM	 <b>LES MILLS RPM</b> 4:30PM - 5:20PM	<b>Kroc Cycling</b> 5:30PM - 6:15PM	 <b>LES MILLS RPM</b> 4:30PM - 5:20PM		
<b>ONDEMAND</b> 5:20PM - 9:45PM	<b>ONDEMAND</b> 6:30PM - 9:45PM	<b>ONDEMAND</b> 5:20PM - 9:45PM	<b>ONDEMAND</b> 6:30PM - 9:45PM	<b>ONDEMAND</b> 5:20PM - 9:45PM		

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