

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.)

MAY 2019

LIVE, VIRTUAL, & ONDEMAND CLASSES

FITNESS ROOM A

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

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

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MAY 2019

LIVE, VIRTUAL, & ONDEMAND CLASSES

FITNESS ROOM B

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

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ALL FITNESS CLASSES ARE FREE TO GOLD-LEVEL MEMBERS

























APRIL 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
 Kroc Cycling 5:30AM - 6:30AM	 Kroc Cycling 5:30AM - 6:00AM	 LES MILLS RPM 5:30AM - 6:20AM	 Kroc Cycling 5:30AM - 6:00AM	 LES MILLS RPM 5:30AM - 6:20AM	 LES MILLS RPM 7:45AM - 8:35AM	 LES MILLS RPM 9:30AM - 10:20AM
ONDEMAND 6:45AM - 8:00AM	ONDEMAND 6:15AM - 8:00AM	ONDEMAND 6:45AM - 8:00AM	ONDEMAND 6:15AM - 8:00AM	ONDEMAND 6:45AM - 8:00AM	ONDEMAND 8:35AM - 10:45AM	ONDEMAND 10:20AM - 12:00PM
 LES MILLS RPM 8:00AM - 8:50AM	 LES MILLS RPM 8:15AM - 8:45AM	 LES MILLS RPM 8:00AM - 8:50AM	 LES MILLS RPM 8:15AM - 8:45AM	 LES MILLS RPM 8:00AM - 8:50AM	 LES MILLS RPM 10:45AM - 11:35AM	 LES MILLS RPM 12:00PM - 12:30PM
ONDEMAND 8:50AM - 12:00PM	ONDEMAND 9:00AM - 12:15PM	ONDEMAND 8:50AM - 12:00PM	ONDEMAND 9:00AM - 12:15PM	ONDEMAND 8:50AM - 12:00PM	ONDEMAND 11:35AM - 7:35PM	ONDEMAND 12:30PM - 5:45PM
 LES MILLS RPM 12:00PM - 12:50PM	 LES MILLS RPM 12:15PM - 12:45PM	 LES MILLS RPM 12:00PM - 12:50PM	 LES MILLS RPM 12:15PM - 12:45PM	 LES MILLS RPM 12:00PM - 12:50PM		
ONDEMAND 12:50PM - 4:30PM	ONDEMAND 12:45PM - 5:15PM	ONDEMAND 12:50PM - 4:30PM	ONDEMAND 12:45PM - 5:15PM	ONDEMAND 12:50PM - 4:30PM		
 LES MILLS RPM 4:30PM - 5:20PM	 LES MILLS RPM 5:30PM - 6:20PM	 LES MILLS RPM 4:30PM - 5:20PM	 LES MILLS RPM 5:30PM - 6:20PM	 LES MILLS RPM 4:30PM - 5:20PM		
ONDEMAND 5:20PM - 9:45PM	ONDEMAND 6:30PM - 9:45PM	ONDEMAND 5:20PM - 9:45PM	ONDEMAND 6:30PM - 9:45PM	ONDEMAND 5:20PM - 9:45PM		

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