

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.)

SEPTEMBER 2019

LIVE, VIRTUAL, & ONDEMAND CLASSES

FITNESS ROOM A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LESMILLS BODYPUMP \$ 5:30AM - 6:30AM	Kroc H.I.I.T. 6:00AM - 6:30AM	LESMILLS BODYPUMP \$ 5:30AM - 6:30AM	Kroc H.I.I.T. 6:00AM - 6:30AM	LESMILLS BODYPUMP \$ 5:30AM - 6:30AM	LESMILLS GRIT CARDIO 8:00AM - 8:30AM	LESMILLS BODYPUMP 9:30AM - 10:15AM
ONDEMAND 6:45AM - 8:00AM	LESMILLS BODYPUMP 6:45AM - 7:45AM	ONDEMAND 6:45AM - 8:00AM	LESMILLS BODYPUMP 6:45AM - 7:45AM	ONDEMAND 6:45AM - 8:45AM	LESMILLS BODYPUMP \$ 8:45AM - 9:45AM	LESMILLS 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	LESMILLS BODYPUMP \$ 9:00AM - 10:00AM	POUND \$ 10:00AM - 10:45AM	LESMILLS GRIT CARDIO 10:45AM - 11:15AM
LESMILLS BODYPUMP \$ 9:00AM - 10:00AM	LESMILLS CXWORX \$ 9:15AM - 9:45AM	LESMILLS BODYPUMP \$ 9:00AM - 10:00AM	LESMILLS CXWORX \$ 9:15AM - 9:45AM	ONDEMAND 10:15AM - 11:45AM	LESMILLS GRIT ATHLETIC 11:00AM - 11:30AM	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	LESMILLS CXWORX 12:00PM - 12:30PM	ONDEMAND 11:30AM - 7:30PM	
Butts & Guts 10:50AM - 11:20AM	LESMILLS GRIT CARDIO 11:15AM - 11:45AM	Butts & Guts 10:50AM - 11:20AM	LESMILLS GRIT STRENGTH 11:15AM - 11:45AM	ONDEMAND 12:35PM - 5:30PM		
LESMILLS CXWORX 12:00PM - 12:30PM	LESMILLS BODYPUMP 12:00PM - 12:45PM	LESMILLS CXWORX 12:00PM - 12:30PM	LESMILLS BODYPUMP 12:00PM - 12:45PM	LESMILLS BODYPUMP 5:30PM - 6:30PM		
ONDEMAND 12:35PM - 5:15PM	ONDEMAND 1:00PM - 5:15PM	ONDEMAND 12:35PM - 5:15PM	ONDEMAND 1:00PM - 5:15PM	LESMILLS CXWORX 6:30PM - 7:00PM		
LESMILLS BODYPUMP \$ 5:30PM - 6:30PM	Step It Up \$ 5:30PM - 6:15PM	LESMILLS BODYPUMP \$ 5:30PM - 6:30PM	Step It Up \$ 5:30PM - 6:15PM	ONDEMAND 7:00PM - 9:45PM		
LESMILLS BODYCOMBAT 6:40PM - 7:10PM	Kroc H.I.I.T. \$ 6:35PM - 7:05PM	LESMILLS GRIT ATHLETIC 6:45PM - 7:15PM	Kroc H.I.I.T. \$ 6:35PM - 7:05PM			
ONDEMAND 7:20PM - 9:45PM	LESMILLS BODYPUMP 7:15PM - 7:45PM	ONDEMAND 7:15PM - 9:45PM	LESMILLS 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.