




# Group Exercise Timetable

## Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

**Small Group**  
Personal Training  
  
5:00AM - 6:00AM  
PT AREA  
MP


**HEALTHWAYS**  
**SilverSneakers**  
FITNESS  
9:00AM - 10:00AM  
Group Exercise  
TI

**Small Group**  
Personal Training  
  
9:00AM - 10:00AM  
PT AREA  
KD

**YOGA**  
12:00PM - 1:00PM  
Group Exercise  
KH

**Small Group**  
Personal Training  
  
5:00PM - 6:00PM  
PT AREA  
MP

**LES MILLS**  
**BODYCOMBAT**  
5:30PM - 6:30PM  
Group Exercise  
SM

**Small Group**  
Personal Training  
  
6:00PM - 7:00PM  
PT AREA  
MP

**KNOCKOUT**  
BOXING AND FITNESS  
6:30PM - 7:30PM  
Group Exercise  
LC

**Small Group**  
Personal Training  
  
5:00AM - 6:00AM  
PT AREA  
MP

**LES MILLS**  
**RPM**  
5:30AM - 6:30AM  
Group Ride  
SM

**HEALTHWAYS**  
**SilverSneakers**  
FITNESS  
9:00AM - 10:00AM  
Group Exercise  
LD

**Small Group**  
Personal Training  
  
12:00PM - 1:00PM  
PT AREA  
MP

**LES MILLS**  
**BODYPUMP**  
12:00PM - 1:00PM  
Group Exercise  
KD

**Small Group**  
Personal Training  
  
5:00PM - 6:00PM  
PT AREA  
MP

**LES MILLS**  
**RPM**  
5:00PM - 6:00PM  
Group Ride  
JO

**LES MILLS**  
**BODYVIVE 3.1**  
5:30PM - 6:30PM  
Group Exercise  
MC

**LES MILLS**  
**BODYCOMBAT**  
5:30AM - 6:30AM  
Group Exercise  
SM

**HEALTHWAYS**  
**SilverSneakers**  
FITNESS  
9:00AM - 10:00AM  
Group Exercise  
TI

**Small Group**  
Personal Training  
  
9:00AM - 10:00AM  
PT AREA  
KD

**YOGA**  
12:00PM - 1:00PM  
Group Exercise  
KH

**KNOCKOUT**  
BOXING AND FITNESS  
6:30PM - 7:30PM  
Group Exercise  
LC

**Small Group**  
Personal Training  
  
5:00AM - 6:00AM  
PT AREA  
MP

**LES MILLS**  
**RPM**  
5:30AM - 6:30AM  
Group Ride  
LP

**HEALTHWAYS**  
**SilverSneakers**  
FITNESS  
9:00AM - 10:00AM  
Group Exercise  
LD

**Small Group**  
Personal Training  
  
12:00PM - 1:00PM  
PT AREA  
MP

**LES MILLS**  
**BODYPUMP**  
12:00PM - 1:00PM  
Group Exercise  
KD


**Small Group**  
Personal Training  
  
5:00PM - 6:00PM  
PT AREA  
MP

**LES MILLS**  
**BODYVIVE 3.1**  
5:30PM - 6:30PM  
Group Exercise  
MC

**Small Group**  
Personal Training  
  
6:00PM - 7:00PM  
PT AREA  
MP

**LES MILLS**  
**BODYCOMBAT**  
5:30AM - 6:30AM  
Group Exercise  
SM

**HEALTHWAYS**  
**SilverSneakers**  
FITNESS  
9:00AM - 10:00AM  
Group Exercise  
TI

**Small Group**  
Personal Training  
  
9:00AM - 10:00AM  
PT AREA  
KD

**Small Group**  
Personal Training  
  
8:00AM - 9:00AM  
PT AREA  
MP

**LES MILLS**  
**RPM**  
8:00AM - 9:00AM  
Group Ride  
SM

**LES MILLS**  
**BODYFLOW**  
9:00AM - 10:00AM  
Group Exercise  
MC

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday
















6:00PM - 7:00PM  
PT AREA  
MP



# Group Exercise Timetable

Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 9:00AM - 10:00AM TI	 9:00AM - 10:00AM LD	 <b>BODYCOMBAT</b> 5:30AM - 6:30AM SM	 9:00AM - 10:00AM LD	 <b>BODYCOMBAT</b> 5:30AM - 6:30AM SM	 <b>BODYFLOW</b> 9:00AM - 10:00AM MC	
 12:00PM - 1:00PM KH	 <b>BODYPUMP</b> 12:00PM - 1:00PM KD	 9:00AM - 10:00AM TI	 <b>BODYPUMP</b> 12:00PM - 1:00PM KD	 9:00AM - 10:00AM TI		
 <b>BODYCOMBAT</b> 5:30PM - 6:30PM SM	 <b>BODYVIVE 3.1</b> 5:30PM - 6:30PM MC	 12:00PM - 1:00PM KH	 <b>BODYVIVE 3.1</b> 5:30PM - 6:30PM MC			
 6:30PM - 7:30PM LC		 6:30PM - 7:30PM LC				



## Group Exercise Timetable

Group Ride

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<p><b>LES MILLS</b> <b>RPM</b> 5:30AM - 6:30AM SM</p> <p><b>LES MILLS</b> <b>RPM</b> 5:00PM - 6:00PM JO</p>		<p><b>LES MILLS</b> <b>RPM</b> 5:30AM - 6:30AM LP</p>		<p><b>LES MILLS</b> <b>RPM</b> 8:00AM - 9:00AM SM</p>	

**LES MILLS**  
**BODYCOMBAT**

BODYCOMBAT™ is a high-energy martial arts-inspired workout. You'll learn how to punch, kick and strike your way to superior fitness and strength.

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**LES MILLS**  
**BODYFLOW**

BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life leaving you feeling calm and centred.

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**LES MILLS**  
**BODYPUMP**

BODYPUMP™ is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP™ gives you a total body workout that burns calories, strengthens and tones.

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**LES MILLS**  
**BODYVIVE 3.1**

BODYVIVE™ features the optimal mix of strength, cardio and core training. With three workouts in one, this is a great cross training option for busy people on the go!

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**LES MILLS**  
**RPM**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

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Muscular strength and range of movement is the Silver Sneakers core class for total body conditioning. An instructor guides you through functional, daily exercise activities with resistance tools to be used at your own pace.

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# Impact Sports and Fitness

## Group Exercise Timetable