

M		T		W		TH		F		SA		SU	
STUDIO		STUDIO		STUDIO		STUDIO		STUDIO		STUDIO		STUDIO	
	CYCLE 6:00-6:45AM Clyde	BODY PUMP 6:00-7:00AM Tina	1	CYCLE 6:00-6:45AM Cindy	1	BODY PUMP 6:00-7:00AM Tina	1	CYCLE 6:00-6:45AM Tina	1	CYCLE 8:00-8:55AM Helen	1	PILATES 8:30-9:15AM Cindy	1
	ZUMBA 8:30-9:15AM Karen	FAT BURNER 8:30-9:15AM Chris	1	BODY FLOW 8:30-9:30AM Monica	2	FAT BURNER 8:30-9:15AM Chris	1	BODY STEP 8:30-9:15AM Marilyne	1	STEP 9:15-10:15AM Kathy	1	CYCLE 9:30-10:30AM Rotating Instructor	1
	CORE CRAZY 9:15-9:45AM Karen	PILATES 9:20-10:05AM Amy	1	ZUMBA 9:15-10:00AM Chastitiy	1	SILVER SNEAKERS 10:15-11:00AM Karen	1	PILATES 9:20-10:05AM Marilyne	1	BODY PUMP 10:15-11:15am Heather	1		
	SNEAKERS YOGA 10:15-11:00AM Karen	CYCLE 12:10-1:00PM Kris	1			CYCLE 12:10-1:00PM Clyde	1						
	BODY SCULPTING 4:30-5:25PM Chris	CYCLE 4:30-5:25PM Cindy	1	BODY SCULPTING 4:30-5:25PM Chris	1								
	FAT BURNER 5:30-6:25PM Kathy	BODY PUMP 5:30-6:25PM Helen	1	STEP 5:30-6:25PM Kathy	1	BODY PUMP 5:30-6:25PM Heather	1						
	BODY STEP 6:30-7:30PM Kathy	PILATES 5:30-6:30PM Cindy	2			BODYFLOW 5:30-6:30PM Donna	2						
		ZUMBA 6:30-7:30PM Chastity	1			CYCLE (March 1 st - 29 th) 6:45-7:30PM Mike	1						



GROUP FITNESS SCHEDULE IS SUBJECT TO CHANGE DUE TO INSTRUCTOR AVAILABILITY OR BAD WEATHER. PLEASE WATCH FOR UPDATES. WE SUGGEST SUBSCRIBING TO TEXT ALERTS FOR FASTER NOTIFICATION OF SCHEDULE CHANGES: SIMPLY TEXT THE KEYWORD FlyingHills (all one word) to 844-83.

LES MILLS **LES MILLS** **LES MILLS**
BODY PUMP **BODY FLOW** **BODY STEP**