



Group Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10A.M							
8:15 A.M.		LES MILLS BODYPUMP	LES MILLS BODYSTEP ATHLETIC	LES MILLS BODYPUMP	LES MILLS BODYSTEP ATHLETIC	LES MILLS BODYFLOW	
8:45 A.M.							
9:30 A.M.		The Silver Sneakers Fitness Program CARDIO	The Silver Sneakers Fitness Program STRENGTH	The Silver Sneakers Fitness Program CARDIO	The Silver Sneakers Fitness Program STRENGTH	The Silver Sneakers Fitness Program CARDIO	
9:50 A.M.							
12:00 P.M.							
4:00 P.M							
4:30 P.M.		LES MILLS BODYPUMP	LES MILLS BODYFLOW	LES MILLS BODYPUMP	LES MILLS BODYSTEP ATHLETIC		
5:00 P.M.							
5:40 P.M.		ZUMBA FITNESS	LES MILLS BODYCOMBAT EXPRESS		LES MILLS BODYCOMBAT EXPRESS	ZUMBA FITNESS	
6:45 P.M.							