

# April/May Land & Virtual Fitness Schedule

Thursday

STRENGTH

LesMills

GRIT

Studio 1

Studio 2

5:05AM - 5:35AM

5:05AM - 5:35AM

LesMuls

#### Monday LesMills

BODYPUMP 5:05AM - 6:05AM Studio 1

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5:05AM - 5:50AM Studio 3

LesMills RPM 5:05AM - 5:50AM Studio 2

#### CARDIO

5:15AM - 5:45AM Studio 4

FLEXIBILITY 6:00AM - 6:45AM

6:00AM - 6:30AM Studio 4

O Sprint 6:15AM - 6:45AM Studio 2

WOMEN & WEIGHTS 6:15AM - 7:15AM Studio 1

# ON DEMAND

6:30AM - 7:45AM Studio 4

# ON DEMAND

7:00AM - 8:45AM Studio 2

GRIT CARDIO

7:30AM - 8:00AM Studio 1

#### PLEASANT YOGA

8.00AM - 8.42AM Studio 4

LesMills Shapes 8:15AM - 8:45AM



8:50AM - 9:20AM Studio 1

Tuesday LesMills BODYCOMBA1

Studio 4

LesMills

Studio 2

Studio 1

5:05AM - 6:05AM

sprint 5:05AM - 5:35AM Studio 2

LesMills FUNCTIONAL STRENGTH 5:05AM - 5:50AM Studio 1

#### LesMuis OCORE

5:55AM - 6:25AM Studio 1

> Θ 5:45AM - 6:15AM Studio 2

LesMills  $lacksymbol{eta}$ BODYBALANCE 6:15AM - 7:00AM Studio 4

⊙barre 6:30AM - 7:00AM

ON DEMAND 7:00AM - 8:15AM Studio 2

> **ジLOW INTENSITY** 1 AEROBICS

7:00AM - 7:45AM Studio 4

#### LesMills Θ BODYPUMP 7:15AM - 8:00AM

ON DEMAND

Studio 1

BARRF above 8.00AM - 8.45AM

Studio 4 LesMills BODYPUMP

8:30AM - 9:15AM Studio 1



Studio 2

Wednesday 

BODYCOMBAT 5:05AM - 5:50AM 5:05AM - 6:05AM Studio 4

LesMills RPM 5:05AM - 5:35AM Studio 2

Studio 3

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5:05AM - 5:50AM

sprint

LesMills

6:00AM - 7:00AM

WOMEN &

& WEIGHTS

6:15AM - 7:00AM

6:30AM - 7:45AM

7:15AM - 7:45AM

7:15AM - 8:00AM

8.00AM - 8.30AM

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8.00AM - 8.45AM

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CORE

8:15AM - 8:45AM

LesMills

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ON DEMAND

BODYCOMBAT

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Studio 4

Studio 1

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LesMills BODYBALANCE 5:05AM - 5:50AM

Studio 4 LesMills BODYPUMP

CORE 5:40AM - 6:10AM Studio 1

> ON DEMAND 6:00AM - 6:45AM

Studio 2 

6.120M - 7.00AM Studio 4

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6:30AM - 7:00AM Studio 1

7:00AM - 7:45AM Studio 2

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7:15AM - 7:45AM Studio 4

STRENGTH 8:00AM - 8:45AM Studio 4



8.124M - 8.424M Studio 2

LesMills BODYPUMP

8:30AM - 9:30AM Studio 1

A YOGA 9:00AM - 10:00AM Studio 4

**B** KETTLEBELL S 5:05AM - 5:50AM Studio 3

Friday

LesMills Θ RPM 5:05AM - 5:35AM

Studio 2 Strength Development 5:05AM - 5:50AM

Studio 1 LesMills

BODYATTACK 5:05AM - 5:35AM Studio 4

LesMills BODYBALANCE 5:40AM - 6:10AM

Studio 4 lacksquare

6:00AM - 6:30AM Studio 2

LesMills Θ BODYPUMP 6:30AM - 7:30AM Studio 1

LesMills 6:30AM - 7:00AM

Studio 4 ON DEMAND

6:45AM - 8:45AM Studio 2

STEP & TONE 7:15AM - 7:50AM Studio 4

8.00AM - 8.30AM

Studio 4 LesMills BODYPUMP

8:30AM - 9:30AM Studio 1

LesMills Shapes 8:40AM - 9:10AM Studio 4

ATHLETIC 6:00AM - 6:30AM Studio 1

🗭 ON DEMAND

Saturday

Sunday

LesMills

7:05AM - 7:50AM

7:05AM - 7:35AM

7:15AM - 8:00AM Studio 4

7:45AM - 8:45AM

FUNCTIONAL STRENGTH

8:00AM - 8:45AM

8:15AM - 8:45AM

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9:00AM - 9:30AM

9:00AM - 9:30AM

BODYPUMP

9:00AM - 9:45AM

BODYBALANCE

9:45AM - 10:45AM

BODYCOMBAT

9.55AM - 10.40AM

LesMills

LesMills

THE TRIP

10.00AM - 10.45AM

11:00AM - 11:45AM

**OCORE** 

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6:00AM - 7:30AM Studio 4 LesMills THE TRIP

6:00AM - 6:45AM Studio 2

LesMills BODYPUMP 6:45AM - 7:45AM

Studio 1 LesMills

O RPM 7:00AM - 7:30AM Studio 2

7:00AM - 7:45AM Studio 3

7:50AM - 8:20AM Studio 4

LesMills BODYATTACK 8:00AM - 9:00AM Studio 1

LesMuls  $( \mathbf{D} )$ 8:00AM - 8:30AM

Studio 2 LesMills Θ RPM

8:45AM - 9:15AM Studio 2

LesMills Θ BODYBALANCE 9.00AM - 9.45AM

Studio 4

LesMills BODYPUMP 9.10AM - 10.10AM Studio 1

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9:30AM - 10:00AM Studio 2

#### Monday

LesMills RPM 9:00AM - 9:45AM Studio 2

# A YOGA

9:00AM - 10:00AM Studio 4

#### LesMills Θ BODYBALANCE

10:00AM - 11:00AM Studio 1

#### LesMills THE TRIP

10:15AM - 11:00AM Studio 2

### 10:30AM - 11:30AM

Studio 4

LesMills **SH'BAM** 11:15AM - 11:45AM Studio 1

# **()** Sprint

12:00PM - 12:30PM Studio 2 LesMills

#### BODYCOMBAT 12.00PM - 12.30PM Studio 1

# HATHA FLOW YOGA

12:00PM - 1:00PM Studio 4 LesMills

#### CORE 12:35PM - 1:05PM

Studio 1

### THE TRIP 1:00PM - 1:45PM

Studio 2

### STRENGTH & BALANCE 1:30PM - 2:15PM

Studio 4

#### LesMills

1:30PM - 2:15PM Studio 1



Studio 2

# Tuesdav YOGA

9:00AM - 10:00AM Studio 4 LesMills

#### BODYBALANCE 9:20AM - 9:50AM Studio 1

LesMills  $oldsymbol{\Theta}$ RPM

9:30AM - 10:20AM Studio 2

S ZVMBA 10:00AM - 11:00AM Studio 1

#### ON DEMAND 10:30AM - 11:45AM Studio 2

PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM Studio 4

#### LesMills Shapes 11:05AM - 11:50AM Studio 1

LesMills THE TRIP 12.00PM - 12.45PM Studio 2

#### LesMills

Studio 1

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Studio 4

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12:00PM - 1:00PM Studio 4 LesMills

BODYPUMP 12:00PM - 1:00PM

# Sprint

1:00PM - 1:30PM

#### LesMills O 1:15PM - 2:00PM

LesMills BODYPUMP

1:30PM - 2:15PM Studio 1

#### LesMills THE TRIP 1:45PM - 2:30PM Studio 2

### Thursday

Wednesday

LesMills

BODYSTEP

LesMills

A YOGA

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LesMills

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8:55AM - 9:40AM

9:00AM - 9:45AM

9:00AM - 10:00AM

10:00AM - 10:45AM

THE TRIP

10:15AM - 11:00AM

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10:45AM - 11:30AM

11.00AM - 11.30AM

LesMills

12:00PM - 12:30PM

BODYCOMBAT

12:00PM - 12:30PM

12:00PM - 12:30PM

LesMills

CORE

12:35PM - 1:05PM

12:45PM - 1:15PM

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THE TRIP

1:30PM - 2:15PM

STRENGTH & BALANCE

1:30PM - 2:15PM

YOGA S

**()** Sprint

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LesMills Θ RPM 9:15AM - 10:05AM

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LesMills

LesMills

BODYPUMP

12.00PM - 1.00PM

BODYCOMBAT

12:00PM - 12:30PM

12:35PM - 1:05PM

RPM

1:00PM - 1:50PM

1:15PM - 4:15PM

1:30PM - 2:15PM

2:00PM - 3:45PM

2:30PM - 3:00PM

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LesMills

ON DEMAND

LesMills 

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LesMills

BODYSTEP

10:15AM - 11:15AM

ON DEMAND

10:15AM - 11:45AM

10:30AM - 11:45AM

12:00PM - 12:30PM

PARKINSON'S EXERCISE CLASS





9:35AM - 10:05AM

#### LesMills **BODYCOMBAT** 9:35AM - 10:35AM

Studio 4

Studio 1

#### LesMills O RPM 10:00AM - 10:50AM

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THE TRIP

BODYBALANCE

9:20AM - 10:05AM

9:00AM - 9:45AM

Studio 2

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10:20AM - 11:05AM Studio 4

#### LesMills O BODYBALANCE

10:45AM - 11:15AM Studio 1

#### lacksquaresprint 11:00AM - 11:30AM Studio 2

**OCORE** 11.15AM - 11.45AM Studio 4

### 12:00PM - 12:30PM

Studio 2

### 🕩 ON DEMAND

12:00PM - 1:15PM Studio 4

### 12:00PM - 12:45PM

Studio 3 LesMills BODYSTEP

#### 12:00PM - 12:30PM Studio 1

LesMills Shapes

### 12:35PM - 1:20PM Studio 1

LesMills THE TRIP 1:00PM - 1:45PM Studio 2

# O GRIT STRENGTH ON DEMAND

Sunday

11:00AM - 3:45PM

ON DEMAND

11:00AM - 3:45PM

Studio 2

Studio 4

10:00AM - 10:30AM Studio 4

Saturday

LesMills THE TRIP

10:15AM - 11:00AM

Studio 2 LesMills

#### CORE 10:15AM - 10:45AM Studio 1



10:45AM - 11:15AM Studio 4



#### 11:15AM - 12:05PM Studio 2



11:15AM - 12:15PM Studio 1

### LesMills Θ

11:30AM - 12:30PM Studio 4

# ON DEMAND

12.15PM - 5.45PM Studio 2

#### LesMills $oldsymbol{\Theta}$ BODYATTACK

12:30PM - 1:30PM Studio 1

# ON DEMAND

12:45PM - 5:45PM Studio 4



#### Monday LesMills

#### $oldsymbol{\Theta}$ BODYATTACK 2:30PM - 3:30PM Studio 1

**RESERVED FOR LIVESTRONG** 3:00PM - 4:15PM Studio 4

# () ON DEMAND

3:00PM - 5:00PM Studio 2

#### LesMills BODYSTEP

4:30PM - 5:15PM Studio 1

# Lesmille Shapes

4:30PM - 5:15PM Studio 4

#### LesMills sprint

5:25PM - 5:55PM Studio 2

#### LesMills **BODYCOMBAT**

5:25PM - 6:10PM Studio 4

#### LesMills BODYPUMP

5:30PM - 6:30PM Studio 1

# ON DEMAND

6:15PM - 8:45PM Studio 2

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6:30PM - 7:30PM Studio 4

#### LesMills BODYBALANCE

6:35PM - 7:05PM Studio 1

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7:30PM - 8:00PM Studio 1

# ON DEMAND

7:45PM - 8:45PM Studio 4



Studio 1

# Tuesdav ON DEMAND

2:15PM - 4:15PM Studio 4

LesMills  $oldsymbol{\Theta}$ 2:30PM - 3:30PM

### Studio 1 () ON DEMAND

2:45PM - 4:30PM Studio 2 LesMills

#### BODYPUMP 4:15PM - 5:15PM Studio 1

LesMills 4:30PM - 5:30PM

Studio 4

#### lacksquaresprint 4:45PM - 5:15PM Studio 2

CORE 5.20PM - 5.20PM Studio 1

#### LesMills O RPM

5:55PM - 6:40PM

6:30PM - 7:45PM

FUNCTIONAL STRENGTH

6:50PM - 7:35PM

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Studio 4

5:30PM - 6:20PM Studio 2

#### GRIT STRENGTH 5:45PM - 6:15PM Studio 4

LesMills **BODYCOMBAT** 

BODYPUMP 5:30PM - 6:30PM Studio 1

#### LesMills SH'BAM

6:30PM - 7:15PM

#### **RESERVED** for Y programming 6:15PM - 7:00PM Studio 2

### Θ 6:45PM - 7:15PM

7:30PM - 8:30PM

# Wednesday

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Studio 1

# ON DEMAND

LesMills

1:30PM - 2:15PM

2:30PM - 4:00PM

2:30PM - 3:30PM

3:00PM - 4:15PM

4:15PM - 4:45PM

4:30PM - 5:15PM

4.30PM - 5.00PM

BODYCOMBAT

LesMills

BODYBALANCE

4:50PM - 5:20PM

5:15PM - 6:15PM

5:30PM - 6:00PM

LesMills

LesMills

BODYBALANCE

**E SH'BAM** 

6:30PM - 7:15PM

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Lesmills Shapes

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4:00PM - 4:30PM Studio 2 LesMills

#### LesMills BODYATTACK

BODYPUMP 4:15PM - 5:15PM Studio 1

#### LesMills **RESERVED FOR LIVESTRONG** 4:30PM - 5:15PM

Studio 4 LesMills

# BODYATTACK

Thursday

LesMills

5:30PM - 6:15PM Studio 1 LesMills

sprint

5:30PM - 6:00PM Studio 2 LesMills



5:45PM - 6:30PM Studio 4

LesMills O RPM 6:15PM - 6:45PM

Studio 2 LesMills



6:45PM - 7:15PM

Studio 4

Studio 1

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Studio 1

# ON DEMAND

7:00PM - 8:45PM Studio 2

**RESERVED** for Y programming 7:00PM - 7:30PM Studio 1

# ON DEMAND

7:30PM - 8:45PM Studio 4

#### LesMills

7:45PM - 8:45PM Studio 1

### LesMills **BODYPUMP**

Friday

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Sunday

1:30PM - 2:15PM Studio 1

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1:30PM - 2:30PM Studio 4

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2:00PM - 4:15PM Studio 2

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3:00PM - 3:30PM Studio 4

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3:05PM - 3:20PM Studio 1

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3:20PM - 3:35PM Studio 1

**OCORE** 3:45PM - 4:15PM

Studio 1 LesMills

#### Θ BODYBALANCE 4:15PM - 5:00PM

Studio 4

4:30PM - 5:15PM

Studio 2

Lesmills Shapes 4:30PM - 5:15PM

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5:30PM - 6:00PM Studio 2

#### LesMills BODYPUMP 5:30PM - 6:30PM

Studio 1 HATHA FLOW YOGA

#### 5:30PM - 6:30PM Studio 4

RPM

6:15PM - 7:05PM

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Studio 2

LesMills

#### Monday

ON DEMAND

Tuesday

8:00PM - 8:45PM Studio 2

8:15PM - 8:45PM

Studio 1

7:15PM - 8:45PM Studio 2



7:30PM - 8:45PM Studio 4



Wednesday

• ON DEMAND

7:30PM - 8:00PM Studio 1



8:15PM - 8:45PM Studio 1 Thursday

10:00PM - 10:30PM Studio 3



ON DEMAND

Saturday

6:45PM - 8:45PM Studio 4



7:00PM - 8:00PM Studio 1

ON DEMAND

7:15PM - 8:45PM Studio 2



8:15PM - 8:45PM Studio 1 Sunday