



# April/May Land & Virtual Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LES MILLS BODYPUMP</b> 5:05AM - 6:05AM Studio 1	<b>LES MILLS BODYCOMBAT</b> 5:05AM - 6:05AM Studio 4	<b>HIIT TRAINING</b> 5:05AM - 5:50AM Studio 3	<b>LES MILLS BODYCOMBAT</b> 5:05AM - 6:05AM Studio 4	<b>KETTLEBELL BOOTCAMP</b> 5:05AM - 5:50AM Studio 3	<b>LES MILLS GRIT</b>   ATHLETIC 6:00AM - 6:30AM Studio 1	<b>LES MILLS BODYPUMP</b> 7:05AM - 7:50AM Studio 1
<b>BOOTCAMP</b> 5:05AM - 5:50AM Studio 3	<b>LES MILLS sprint</b> 5:05AM - 5:35AM Studio 2	<b>LES MILLS RPM</b> 5:05AM - 5:35AM Studio 2	<b>LES MILLS GRIT</b>   STRENGTH 5:05AM - 5:35AM Studio 1	<b>LES MILLS RPM</b> 5:05AM - 5:35AM Studio 2	<b>ON DEMAND</b> 6:00AM - 7:30AM Studio 4	<b>LES MILLS sprint</b> 7:05AM - 7:35AM Studio 2
<b>LES MILLS RPM</b> 5:05AM - 5:50AM Studio 2	<b>LES MILLS FUNCTIONAL STRENGTH</b> 5:05AM - 5:50AM Studio 1	<b>LES MILLS BODYBALANCE</b> 5:05AM - 5:50AM Studio 4	<b>GROUP CYCLING</b> 5:05AM - 5:35AM Studio 2	<b>Strength Development</b> 5:05AM - 5:50AM Studio 1	<b>LES MILLS THE TRIP</b> 6:00AM - 6:45AM Studio 2	<b>LES MILLS BODYBALANCE</b> 7:15AM - 8:00AM Studio 4
<b>LES MILLS GRIT</b>   CARDIO 5:15AM - 5:45AM Studio 4	<b>LES MILLS CORE</b> 5:55AM - 6:25AM Studio 1	<b>LES MILLS BODYPUMP</b> 5:05AM - 5:50AM Studio 1	<b>LES MILLS CORE</b> 5:40AM - 6:10AM Studio 1	<b>LES MILLS BODYATTACK</b> 5:05AM - 5:35AM Studio 4	<b>LES MILLS BODYPUMP</b> 6:45AM - 7:45AM Studio 1	<b>ON DEMAND</b> 7:45AM - 8:45AM Studio 2
<b>LES MILLS BODYBALANCE</b>   FLEXIBILITY 6:00AM - 6:30AM Studio 4	<b>GROUP CYCLING</b> 6:00AM - 6:45AM Studio 2	<b>LES MILLS sprint</b> 5:45AM - 6:15AM Studio 2	<b>ON DEMAND</b> 6:00AM - 6:45AM Studio 2	<b>LES MILLS BODYBALANCE</b> 5:40AM - 6:10AM Studio 4	<b>LES MILLS RPM</b> 7:00AM - 7:30AM Studio 2	<b>LES MILLS FUNCTIONAL STRENGTH</b> 8:00AM - 8:45AM Studio 1
<b>LES MILLS sprint</b> 6:15AM - 6:45AM Studio 2	<b>LES MILLS BODYBALANCE</b> 6:15AM - 7:00AM Studio 4	<b>LES MILLS BODYCOMBAT</b> 6:00AM - 7:00AM Studio 4	<b>DEEP STRETCHING</b> 6:15AM - 7:00AM Studio 4	<b>LES MILLS sprint</b> 6:00AM - 6:30AM Studio 2	<b>TOTAL BODY BOOTCAMP</b> 7:00AM - 7:45AM Studio 3	<b>LES MILLS CORE</b> 8:15AM - 8:45AM Studio 4
<b>WOMEN &amp; WEIGHTS</b> 6:15AM - 7:15AM Studio 1	<b>LES MILLS barre</b> 6:30AM - 7:00AM Studio 1	<b>WOMEN &amp; WEIGHTS</b> 6:15AM - 7:00AM Studio 1	<b>LES MILLS barre</b> 6:30AM - 7:00AM Studio 1	<b>LES MILLS BODYPUMP</b> 6:30AM - 7:30AM Studio 1	<b>LES MILLS GRIT</b>   MIX 7:50AM - 8:20AM Studio 4	<b>LES MILLS barre</b> 9:00AM - 9:30AM Studio 4
<b>ON DEMAND</b> 6:30AM - 7:45AM Studio 4	<b>ON DEMAND</b> 7:00AM - 8:15AM Studio 2	<b>ON DEMAND</b> 6:30AM - 7:45AM Studio 2	<b>LES MILLS THE TRIP</b> 7:00AM - 7:45AM Studio 2	<b>LES MILLS SHBAM</b> 6:30AM - 7:00AM Studio 4	<b>LES MILLS BODYATTACK</b> 8:00AM - 9:00AM Studio 1	<b>LES MILLS RPM</b> 9:00AM - 9:30AM Studio 2
<b>ON DEMAND</b> 7:00AM - 8:45AM Studio 2	<b>ON DEMAND</b> 7:00AM - 7:45AM Studio 4	<b>LOW INTENSITY AEROBICS</b> 7:15AM - 7:45AM Studio 4	<b>LES MILLS barre</b> 7:15AM - 7:45AM Studio 4	<b>ON DEMAND</b> 6:45AM - 8:45AM Studio 2	<b>LES MILLS sprint</b> 8:00AM - 8:30AM Studio 2	<b>LES MILLS BODYPUMP</b> 9:00AM - 9:45AM Studio 1
<b>LES MILLS GRIT</b>   CARDIO 7:30AM - 8:00AM Studio 1	<b>LES MILLS BODYPUMP</b> 7:15AM - 8:00AM Studio 1	<b>LES MILLS BODYPUMP</b> 7:15AM - 8:00AM Studio 1	<b>LES MILLS FUNCTIONAL STRENGTH</b> 8:00AM - 8:45AM Studio 4	<b>STEP &amp; TONE</b> 7:15AM - 7:50AM Studio 4	<b>LES MILLS RPM</b> 8:45AM - 9:15AM Studio 2	<b>LES MILLS BODYBALANCE</b> 9:45AM - 10:45AM Studio 4
<b>PLEASANT YOGA</b> 8:00AM - 8:45AM Studio 4	<b>LES MILLS barre above</b> 8:00AM - 8:45AM Studio 4	<b>LES MILLS sprint</b> 8:00AM - 8:30AM Studio 2	<b>LES MILLS sprint</b> 8:15AM - 8:45AM Studio 2	<b>LES MILLS GRIT</b>   MIX 8:00AM - 8:30AM Studio 4	<b>LES MILLS BODYBALANCE</b> 9:00AM - 9:45AM Studio 4	<b>LES MILLS BODYCOMBAT</b> 9:55AM - 10:40AM Studio 1
<b>LES MILLS Shapes</b> 8:15AM - 8:45AM Studio 1	<b>LES MILLS BODYPUMP</b> 8:30AM - 9:15AM Studio 1	<b>PLEASANT YOGA</b> 8:00AM - 8:45AM Studio 4	<b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 1	<b>LES MILLS BODYPUMP</b> 8:30AM - 9:30AM Studio 1	<b>LES MILLS BODYPUMP</b> 9:10AM - 10:10AM Studio 1	<b>LES MILLS THE TRIP</b> 10:00AM - 10:45AM Studio 2
<b>LES MILLS CORE</b> 8:50AM - 9:20AM Studio 1	<b>LES MILLS THE TRIP</b> 8:30AM - 9:15AM Studio 2	<b>LES MILLS CORE</b> 8:15AM - 8:45AM Studio 1	<b>YOGA</b> 9:00AM - 10:00AM Studio 4	<b>LES MILLS Shapes</b> 8:40AM - 9:10AM Studio 4	<b>LES MILLS sprint</b> 9:30AM - 10:00AM Studio 2	<b>LES MILLS BODYATTACK</b> 11:00AM - 11:45AM Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>LES MILLS RPM</b> 9:00AM - 9:45AM Studio 2</p> <p><b>YOGA</b> 9:00AM - 10:00AM Studio 4</p> <p><b>LES MILLS BODYBALANCE</b> 10:00AM - 11:00AM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 10:15AM - 11:00AM Studio 2</p> <p><b>TAI CHI CONCEPTS</b> 10:30AM - 11:30AM Studio 4</p> <p><b>LES MILLS SH'BAM</b> 11:15AM - 11:45AM Studio 1</p> <p><b>LES MILLS sprint</b> 12:00PM - 12:30PM Studio 2</p> <p><b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:30PM Studio 1</p> <p><b>HATHA FLOW YOGA</b> 12:00PM - 1:00PM Studio 4</p> <p><b>LES MILLS CORE</b> 12:35PM - 1:05PM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 1:00PM - 1:45PM Studio 2</p> <p><b>STRENGTH &amp; BALANCE</b> 1:30PM - 2:15PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 1:30PM - 2:15PM Studio 1</p> <p><b>LES MILLS RPM</b> 2:00PM - 2:50PM Studio 2</p>	<p><b>YOGA</b> 9:00AM - 10:00AM Studio 4</p> <p><b>LES MILLS BODYBALANCE</b> 9:20AM - 9:50AM Studio 1</p> <p><b>LES MILLS RPM</b> 9:30AM - 10:20AM Studio 2</p> <p><b>ZUMBA toning</b> 10:00AM - 11:00AM Studio 1</p> <p><b>ON DEMAND</b> 10:30AM - 11:45AM Studio 2</p> <p><b>PARKINSON'S EXERCISE CLASS</b> 10:30AM - 11:45AM Studio 4</p> <p><b>LES MILLS Shapes</b> 11:05AM - 11:50AM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 12:00PM - 12:45PM Studio 2</p> <p><b>LES MILLS BODYCOMBAT</b> 12:00PM - 1:00PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM Studio 1</p> <p><b>LES MILLS sprint</b> 1:00PM - 1:30PM Studio 2</p> <p><b>LES MILLS BODYATTACK</b> 1:15PM - 2:00PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 1:30PM - 2:15PM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 1:45PM - 2:30PM Studio 2</p>	<p><b>LES MILLS BODYSTEP</b> 8:55AM - 9:40AM Studio 1</p> <p><b>LES MILLS RPM</b> 9:00AM - 9:45AM Studio 2</p> <p><b>YOGA</b> 9:00AM - 10:00AM Studio 4</p> <p><b>ZUMBA gold</b> 10:00AM - 10:45AM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 10:15AM - 11:00AM Studio 2</p> <p><b>FELDENKRAIS/ BONES FOR LIFE</b> 10:45AM - 11:30AM Studio 4</p> <p><b>LES MILLS GRIT   STRENGTH</b> 11:00AM - 11:30AM Studio 1</p> <p><b>LES MILLS sprint</b> 12:00PM - 12:30PM Studio 2</p> <p><b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:30PM Studio 1</p> <p><b>AERIAL YOGA</b> 12:00PM - 12:30PM Studio 4</p> <p><b>LES MILLS CORE</b> 12:35PM - 1:05PM Studio 1</p> <p><b>LES MILLS RPM</b> 12:45PM - 1:15PM Studio 2</p> <p><b>LES MILLS THE TRIP</b> 1:30PM - 2:15PM Studio 2</p> <p><b>STRENGTH &amp; BALANCE</b> 1:30PM - 2:15PM Studio 4</p>	<p><b>LES MILLS RPM</b> 9:15AM - 10:05AM Studio 2</p> <p><b>LES MILLS BODYBALANCE</b> 9:35AM - 10:05AM Studio 1</p> <p><b>LES MILLS BODYSTEP</b> 10:15AM - 11:15AM Studio 1</p> <p><b>ON DEMAND</b> 10:15AM - 11:45AM Studio 2</p> <p><b>PARKINSON'S EXERCISE CLASS</b> 10:30AM - 11:45AM Studio 4</p> <p><b>GROUP CYCLING</b> 12:00PM - 12:30PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 12:00PM - 1:00PM Studio 1</p> <p><b>LES MILLS BODYCOMBAT</b> 12:00PM - 12:30PM Studio 4</p> <p><b>LES MILLS BODYBALANCE</b> 12:35PM - 1:05PM Studio 4</p> <p><b>LES MILLS RPM</b> 1:00PM - 1:50PM Studio 2</p> <p><b>ON DEMAND</b> 1:15PM - 4:15PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 1:30PM - 2:15PM Studio 1</p> <p><b>ON DEMAND</b> 2:00PM - 3:45PM Studio 2</p> <p><b>LES MILLS BODYATTACK</b> 2:30PM - 3:00PM Studio 1</p>	<p><b>LES MILLS THE TRIP</b> 9:00AM - 9:45AM Studio 2</p> <p><b>LES MILLS BODYBALANCE</b> 9:20AM - 10:05AM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 9:35AM - 10:35AM Studio 1</p> <p><b>LES MILLS RPM</b> 10:00AM - 10:50AM Studio 2</p> <p><b>BARRE above</b> 10:20AM - 11:05AM Studio 4</p> <p><b>LES MILLS BODYBALANCE</b> 10:45AM - 11:15AM Studio 1</p> <p><b>LES MILLS sprint</b> 11:00AM - 11:30AM Studio 2</p> <p><b>LES MILLS CORE</b> 11:15AM - 11:45AM Studio 4</p> <p><b>LES MILLS RPM   GROUP CYCLING</b> 12:00PM - 12:30PM Studio 2</p> <p><b>ON DEMAND</b> 12:00PM - 1:15PM Studio 4</p> <p><b>BUTTS &amp; GUTS</b> 12:00PM - 12:45PM Studio 3</p> <p><b>LES MILLS BODYSTEP</b> 12:00PM - 12:30PM Studio 1</p> <p><b>LES MILLS Shapes</b> 12:35PM - 1:20PM Studio 1</p> <p><b>LES MILLS THE TRIP</b> 1:00PM - 1:45PM Studio 2</p>	<p><b>LES MILLS GRIT   STRENGTH</b> 10:00AM - 10:30AM Studio 4</p> <p><b>LES MILLS THE TRIP</b> 10:15AM - 11:00AM Studio 2</p> <p><b>LES MILLS CORE</b> 10:15AM - 10:45AM Studio 1</p> <p><b>LES MILLS GRIT   CARDIO</b> 10:45AM - 11:15AM Studio 4</p> <p><b>LES MILLS RPM</b> 11:15AM - 12:05PM Studio 2</p> <p><b>LES MILLS BODYCOMBAT</b> 11:15AM - 12:15PM Studio 1</p> <p><b>LES MILLS BODYBALANCE</b> 11:30AM - 12:30PM Studio 4</p> <p><b>ON DEMAND</b> 12:15PM - 5:45PM Studio 2</p> <p><b>LES MILLS BODYATTACK</b> 12:30PM - 1:30PM Studio 1</p> <p><b>ON DEMAND</b> 12:45PM - 5:45PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 1:45PM - 2:45PM Studio 1</p>	<p><b>ON DEMAND</b> 11:00AM - 3:45PM Studio 2</p> <p><b>ON DEMAND</b> 11:00AM - 3:45PM Studio 4</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p> <b>LES MILLS BODYATTACK</b> 2:30PM - 3:30PM Studio 1</p> <p><b>RESERVED FOR LIVESTRONG</b> 3:00PM - 4:15PM Studio 4</p> <p> <b>ON DEMAND</b> 3:00PM - 5:00PM Studio 2</p> <p><b>LES MILLS BODYSTEP</b> 4:30PM - 5:15PM Studio 1</p> <p><b>LES MILLS Shapes</b> 4:30PM - 5:15PM Studio 4</p> <p><b>LES MILLS sprint</b> 5:25PM - 5:55PM Studio 2</p> <p><b>LES MILLS BODYCOMBAT</b> 5:25PM - 6:10PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p> <p> <b>ON DEMAND</b> 6:15PM - 8:45PM Studio 2</p> <p> <b>YOGA</b> 6:30PM - 7:30PM Studio 4</p> <p><b>LES MILLS BODYBALANCE</b> 6:35PM - 7:05PM Studio 1</p> <p> <b>LES MILLS GRIT   CARDIO</b> 7:30PM - 8:00PM Studio 1</p> <p> <b>ON DEMAND</b> 7:45PM - 8:45PM Studio 4</p> <p> <b>LES MILLS CORE</b> 8:15PM - 8:45PM Studio 1</p>	<p> <b>ON DEMAND</b> 2:15PM - 4:15PM Studio 4</p> <p> <b>LES MILLS BODYATTACK</b> 2:30PM - 3:30PM Studio 1</p> <p> <b>ON DEMAND</b> 2:45PM - 4:30PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 4:15PM - 5:15PM Studio 1</p> <p><b>LES MILLS BODYBALANCE</b> 4:30PM - 5:30PM Studio 4</p> <p> <b>sprint</b> 4:45PM - 5:15PM Studio 2</p> <p><b>LES MILLS CORE</b> 5:20PM - 5:50PM Studio 1</p> <p> <b>LES MILLS RPM</b> 5:30PM - 6:20PM Studio 2</p> <p><b>LES MILLS GRIT   STRENGTH</b> 5:45PM - 6:15PM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 5:55PM - 6:40PM Studio 1</p> <p><b>LES MILLS SH'BAM</b> 6:30PM - 7:15PM Studio 4</p> <p><b>RESERVED for Y programming</b> 6:30PM - 7:45PM Studio 2</p> <p><b>LES MILLS FUNCTIONAL STRENGTH</b> 6:50PM - 7:35PM Studio 1</p> <p> <b>AERIAL YOGA</b>  7:30PM - 8:30PM Studio 4</p>	<p> <b>LES MILLS BODYPUMP</b> 1:30PM - 2:15PM Studio 1</p> <p> <b>ON DEMAND</b> 2:30PM - 4:00PM Studio 2</p> <p> <b>LES MILLS BODYATTACK</b> 2:30PM - 3:30PM Studio 1</p> <p><b>RESERVED FOR LIVESTRONG</b> 3:00PM - 4:15PM Studio 4</p> <p><b>LES MILLS Shapes</b> 4:15PM - 4:45PM Studio 1</p> <p><b>LES MILLS RPM   THE TRIP</b> 4:30PM - 5:15PM Studio 2</p> <p> <b>LES MILLS CORE</b> 4:30PM - 5:00PM Studio 4</p> <p><b>LES MILLS BODYCOMBAT</b> 4:50PM - 5:20PM Studio 1</p> <p> <b>LES MILLS BODYBALANCE</b> 5:15PM - 6:15PM Studio 4</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p> <p> <b>LES MILLS THE TRIP</b> 6:15PM - 7:00PM Studio 2</p> <p> <b>LES MILLS SH'BAM</b> 6:30PM - 7:15PM Studio 4</p> <p> <b>LES MILLS BODYBALANCE</b> 6:45PM - 7:15PM Studio 1</p>	<p> <b>LES MILLS CORE</b> 3:15PM - 3:45PM Studio 1</p> <p> <b>GROUP CYCLING</b> 4:00PM - 4:30PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 4:15PM - 5:15PM Studio 1</p> <p><b>LES MILLS BODYBALANCE</b> 4:30PM - 5:15PM Studio 4</p> <p><b>LES MILLS BODYATTACK</b> 5:30PM - 6:15PM Studio 1</p> <p><b>LES MILLS sprint</b> 5:30PM - 6:00PM Studio 2</p> <p><b>LES MILLS BODYBALANCE</b> 5:45PM - 6:30PM Studio 4</p> <p> <b>LES MILLS RPM</b> 6:15PM - 6:45PM Studio 2</p> <p><b>LES MILLS CORE</b> 6:20PM - 6:50PM Studio 1</p> <p> <b>LES MILLS GRIT   ATHLETIC</b> 6:45PM - 7:15PM Studio 4</p> <p> <b>ON DEMAND</b> 7:00PM - 8:45PM Studio 2</p> <p><b>RESERVED for Y programming</b> 7:00PM - 7:30PM Studio 1</p> <p> <b>ON DEMAND</b> 7:30PM - 8:45PM Studio 4</p> <p> <b>LES MILLS BODYCOMBAT</b> 7:45PM - 8:45PM Studio 1</p>	<p> <b>LES MILLS BODYPUMP</b> 1:30PM - 2:15PM Studio 1</p> <p> <b>TAI CHI CONCEPTS</b> 1:30PM - 2:30PM Studio 4</p> <p> <b>ON DEMAND</b> 2:00PM - 4:15PM Studio 2</p> <p> <b>LES MILLS barre</b> 3:00PM - 3:30PM Studio 4</p> <p> <b>BORN TO MOVE</b> 3:05PM - 3:20PM Studio 1</p> <p> <b>BORN TO MOVE</b> 3:20PM - 3:35PM Studio 1</p> <p><b>LES MILLS CORE</b> 3:45PM - 4:15PM Studio 1</p> <p> <b>LES MILLS BODYBALANCE</b> 4:15PM - 5:00PM Studio 4</p> <p> <b>LES MILLS THE TRIP</b> 4:30PM - 5:15PM Studio 2</p> <p><b>LES MILLS Shapes</b> 4:30PM - 5:15PM Studio 1</p> <p> <b>LES MILLS sprint</b> 5:30PM - 6:00PM Studio 2</p> <p><b>LES MILLS BODYPUMP</b> 5:30PM - 6:30PM Studio 1</p> <p> <b>HATHA FLOW YOGA</b> 5:30PM - 6:30PM Studio 4</p> <p> <b>LES MILLS RPM</b> 6:15PM - 7:05PM Studio 2</p>		

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

 ON DEMAND

8:00PM - 8:45PM  
Studio 2



8:15PM - 8:45PM  
Studio 1

 ON DEMAND

7:15PM - 8:45PM  
Studio 2

 ON DEMAND

7:30PM - 8:45PM  
Studio 4



7:30PM - 8:00PM  
Studio 1



8:15PM - 8:45PM  
Studio 1

 

10:00PM - 10:30PM  
Studio 3

 ON DEMAND

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