

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>LES MILLS GRIT CARDIO 5:15AM - 5:45AM</p> <p>LES MILLS BODYBALANCE 6:00AM - 6:30AM</p> <p>ON DEMAND 6:30AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 8:00AM - 8:45AM</p> <p>YOGA 9:00AM - 10:00AM</p> <p>TAI CHI CONCEPTS 10:30AM - 11:30AM</p> <p>HATHA FLOW YOGA 12:00PM - 1:00PM</p> <p>STRENGTH & BALANCE 1:30PM - 2:15PM</p> <p><i>RESERVED for Y programming</i> 2:30PM - 3:30PM</p> <p>LES MILLS Shapes 4:30PM - 5:15PM</p> <p>LES MILLS BODYCOMBAT 5:25PM - 6:10PM</p> <p>YOGA 6:30PM - 7:30PM</p> <p>ON DEMAND 7:45PM - 8:45PM</p>	<p>LES MILLS BODYCOMBAT 5:05AM - 6:05AM</p> <p>LES MILLS BODYBALANCE 6:15AM - 7:00AM</p> <p>ON DEMAND 7:00AM - 7:45AM</p> <p>barre above 8:00AM - 8:45AM</p> <p>YOGA 9:00AM - 10:00AM</p> <p>PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 1:00PM</p> <p>BOOM MIND 1:30PM - 2:15PM</p> <p>ON DEMAND 2:30PM - 4:15PM</p> <p>LES MILLS BODYBALANCE 4:30PM - 5:30PM</p> <p>LES MILLS GRIT STRENGTH 5:45PM - 6:15PM</p> <p>LES MILLS DANCE 6:30PM - 7:15PM</p> <p>AERIAL YOGA 7:30PM - 8:30PM</p>	<p>LES MILLS BODYBALANCE 5:05AM - 5:50AM</p> <p>LES MILLS BODYCOMBAT 6:00AM - 7:00AM</p> <p>LES MILLS BODYBALANCE 7:15AM - 7:45AM</p> <p>LES MILLS BODYBALANCE 8:00AM - 8:45AM</p> <p>YOGA 9:00AM - 10:00AM</p> <p>FELDENKRAIS/ BONES FOR LIFE 10:45AM - 11:30AM</p> <p><i>RESERVED for Y programming</i> 11:45AM - 12:45PM</p> <p>STRENGTH & BALANCE 1:30PM - 2:15PM</p> <p><i>RESERVED for Y programming</i> 2:30PM - 3:30PM</p> <p>LES MILLS CORE 4:30PM - 5:00PM</p> <p>ESSENTRICS STRETCH & TONE 5:15PM - 6:15PM</p> <p>LES MILLS SH'BAM 6:30PM - 7:15PM</p> <p>ON DEMAND 7:30PM - 8:45PM</p>	<p>LES MILLS BODYCOMBAT 5:05AM - 6:05AM</p> <p>LES MILLS BODYBALANCE 6:15AM - 7:00AM</p> <p>barre 7:15AM - 7:45AM</p> <p>Strength Development 8:00AM - 8:45AM</p> <p>YOGA 9:00AM - 10:00AM</p> <p>PARKINSON'S EXERCISE CLASS 10:30AM - 11:45AM</p> <p>LES MILLS BODYCOMBAT 12:00PM - 12:30PM</p> <p>LES MILLS BODYBALANCE 12:35PM - 1:05PM</p> <p>ON DEMAND 1:15PM - 2:15PM</p> <p><i>RESERVED for Programming</i> 2:15PM - 3:30PM</p> <p>LES MILLS BODYBALANCE 4:30PM - 5:15PM</p> <p>LES MILLS BODYBALANCE 5:45PM - 6:30PM</p> <p>LES MILLS GRIT ATHLETIC 6:45PM - 7:15PM</p> <p>ON DEMAND 7:30PM - 8:45PM</p>	<p>LES MILLS Shapes 5:05AM - 5:35AM</p> <p>LES MILLS BODYBALANCE 5:40AM - 6:10AM</p> <p>LES MILLS SH'BAM 6:30AM - 7:00AM</p> <p>LES MILLS BODYATTACK 7:15AM - 7:45AM</p> <p>LES MILLS GRIT MIX 8:00AM - 8:30AM</p> <p>LES MILLS Shapes 8:40AM - 9:10AM</p> <p>LES MILLS BODYBALANCE 9:20AM - 10:05AM</p> <p>barre above 10:20AM - 11:05AM</p> <p>LES MILLS CORE 11:15AM - 11:45AM</p> <p>ON DEMAND 12:00PM - 1:15PM</p> <p>TAI CHI CONCEPTS 1:30PM - 2:30PM</p> <p>barre 3:00PM - 3:30PM</p> <p>LES MILLS BODYBALANCE 4:15PM - 5:00PM</p> <p>HATHA FLOW YOGA 5:30PM - 6:30PM</p> <p>ON DEMAND 6:45PM - 8:45PM</p>	<p>ON DEMAND 6:00AM - 7:30AM</p> <p>LES MILLS GRIT MIX 7:50AM - 8:20AM</p> <p>LES MILLS BODYBALANCE 9:00AM - 9:45AM</p> <p>LES MILLS GRIT STRENGTH 10:00AM - 10:30AM</p> <p>LES MILLS GRIT CARDIO 10:45AM - 11:15AM</p> <p>LES MILLS BODYBALANCE 11:30AM - 12:30PM</p> <p>ON DEMAND 12:45PM - 3:45PM</p>	<p>LES MILLS BODYBALANCE 7:15AM - 8:00AM</p> <p>LES MILLS CORE 8:15AM - 8:45AM</p> <p>barre 9:00AM - 9:30AM</p> <p>LES MILLS BODYBALANCE YOGA 9:45AM - 10:45AM</p> <p>ON DEMAND 11:00AM - 1:45PM</p>