



## Group Schedule

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