

YOUR WEEK YOUR WORKOUT



2025 CLASSES

6AM

5:45PM

6:20PM

MONDAY

30MINS

LES MILLS
BODYPUMP

30MINS

LES MILLS
GRIT | STRENGTH

30MINS

LES MILLS
Shapes

TUESDAY

60MINS

LES MILLS
BODYPUMP

30MINS

LES MILLS
GRIT | ATHLETIC

30MINS

LES MILLS
Shapes

WEDNESDAY

THURSDAY

60MINS

LES MILLS
BODYPUMP

60MINS

LES MILLS
BODYBALANCE

FRIDAY

30MINS

LES MILLS
GRIT | STRENGTH