














THE FITNESS STUDIO 10/1/17– 11/25/17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM-5:30AM LES MILLS GRIT	5:00AM-5:30AM LES MILLS BODYSTEP	5:00AM-5:30AM  SPINSanity	5:00AM-5:30AM LES MILLS GRIT	5:00AM-5:45AM  SPINNING		
5:30AM-6:00AM LES MILLS sprint	5:30AM-6:15AM LES MILLS BODYPUMP or 	5:30AM-6:00AM 	5:30AM-6:15AM LES MILLS BODYPUMP or 	5:45AM-6:15AM  KettleBell HIIT	7:00AM-8:00AM LES MILLS BODYSTEP	7:00AM-8:00AM  SPINNING
8:30AM-9:00AM 	8:15AM-9:00AM  SPINNING	8:30AM-9:00AM LES MILLS CXWORX  FLEX APPEAL (Rotates)	8:30AM-9:00AM LES MILLS sprint	8:30AM-9:30AM LES MILLS BODYCOMBAT	8:00AM-9:00AM LES MILLS BODYPUMP or 	8:00AM-9:00AM LES MILLS BODYPUMP
9:00AM-10AM LES MILLS BODYCOMBAT	9:00AM-10AM LES MILLS BODYPUMP	9:00AM-10AM LES MILLS BODYSTEP	9:00AM-10AM LES MILLS BODYPUMP	9:30AM-10:15AM LES MILLS BODYFLOW 45'	9:00AM-9:30AM LES MILLS sprint	9:00AM-10:00AM LES MILLS BODYFLOW
4:30PM-5:00PM LES MILLS GRIT					9:30AM-10:00AM LES MILLS CXWORX	
5:00PM-5:30PM LES MILLS CXWORX	5:15PM-6:00PM 	5:00PM-5:30PM LES MILLS sprint	5:00PM - 6:00PM LES MILLS BODYVIVE 3.1	5:00PM-5:30PM LES MILLS BODYPUMP		
5:30PM-6:15PM  SPINNING	5:30PM-6:30PM LES MILLS BODYSTEP *ATTACK in Nov	5:30PM-6:30PM LES MILLS BODYPUMP	6:00PM-7:00PM LES MILLS BODYCOMBAT	5:30PM-6:00PM LES MILLS sprint		
6:15PM-7:15PM LES MILLS BODYPUMP	6:30PM-7:30PM LES MILLS BODYFLOW					