

| Time    | Monday                                                                                         | Tuesday                                                                                    | Wednesday                                                                                       | Thursday                                                                              | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                         | Weekend                                                                                       |
|---------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 5:30am  |                                                                                                |           | 5:45am<br>    |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                               |
| 5:45am  |               | <b>LES MILLS</b><br><b>BODYATTACK</b><br><b>LES MILLS</b><br><b>CORE</b>                   | <b>LES MILLS</b><br><b>sprint</b>                                                               | <b>LES MILLS</b><br><b>BODYPUMP</b>                                                   |                                                                                                                                                                                                                                                                                                                                                             |                                                                                               |
| 6:30am  | 8:00am<br>    |                                                                                            |               |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Saturday</b>                                                                               |
| 8am     | <b>Strength Development</b> <small>LES MILLS</small>                                           |           |               |    | <br><b>Strength Development</b> <small>LES MILLS</small>                                                                                                                                                                                                                                                                                                    |            |
| 8:30am  | 8:15am<br>   |                                                                                            |              |                                                                                       |                                                                                                                                                                                                                                                                                                                                                            |                                                                                               |
| 9am     | <b>LES MILLS</b><br><b>PILATES</b>                                                             | <b>LES MILLS</b><br><b>CORE</b><br><b>LES MILLS</b><br><b>BODYBALANCE</b>                  |             | <b>LES MILLS</b><br><b>CORE</b><br><b>LES MILLS</b><br><b>BODYBALANCE</b>             | <b>LES MILLS</b><br><b>BODYCOMBAT</b>                                                                                                                                                                                                                                                                                                                                                                                                          | <b>LES MILLS</b><br><b>BODYPUMP</b>                                                           |
| 9am     |             |         | <b>BAMBOO</b> <small>BODIES</small><br><small>seasonal fitness</small>                          |  | <b>BAMBOO</b> <small>BODIES</small><br><small>seasonal fitness</small>                                                                                                                                                                                                                                                                                                                                                                         |          |
| 10am    | 10:30am<br> |         | 10:45am<br> |  | <i>Oula</i><br><small>CARDIO • CATHARSIS</small>                                                                                                                                                                                                                                                                                                                                                                                               | 10:15am<br><b>氣功</b><br><b>QIGONG</b>                                                         |
| 10:30am |             |         | <b>SHINE</b><br><small>DANCE FITNESS™</small>                                                   |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                               |
| 11am    |                                                                                                | <b>TAI CHI CHIH!</b>                                                                       | 11:30am<br><i>Oula</i><br><small>CARDIO • CATHARSIS</small>                                     | <b>TAI CHI CHIH!</b>                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>Sunday</b>                                                                                 |
| Noon    | <i>Oula</i><br><small>CARDIO • CATHARSIS</small>                                               |         |             | <b>LES MILLS</b><br><b>BODYPUMP</b>                                                   |                                                                                                                                                                                                                                                                                                                                                           |                                                                                               |
| Noon    |             |         |             |  |                                                                                                                                                                                                                                                                                                                                                           | 11am<br> |
| 1:30pm  |                                                                                                |         |             |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                               |
| 4:30pm  |                                                                                                | 4pm<br> | <b>LES MILLS</b><br><b>Shapes</b>                                                               | <b>LES MILLS</b><br><b>CORE</b>                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                | 4pm<br><i>Oula</i><br><small>CARDIO • CATHARSIS</small>                                       |
| 5pm     | <b>LES MILLS</b><br><b>GRIT</b>                                                                | <b>LES MILLS</b><br><b>sprint</b>                                                          |                                                                                                 | <b>LES MILLS</b><br><b>sprint</b>                                                     | 5:30pm<br><b>Strength Development</b> <small>LES MILLS</small>                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                               |
| 5:30pm  |             |         |             |  | <div><b>Halloween Fitness Party!</b><br/><b>Sat. Oct. 31st-Costumes Encouraged for all classes!</b></div> <div><br/><b>Fall launch Oct. 19th-24th</b><br/><b>New Music. New Workouts.</b><br/><b>Cycle for Watson Children's Shelter all Week!</b></div> <div></div> |                                                                                               |
| 5:30pm  | <b>LES MILLS</b><br><b>sprint</b>                                                              | <b>LES MILLS</b><br><b>CORE</b>                                                            | <b>LES MILLS</b><br><b>sprint</b>                                                               |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                               |
| 5:35pm  | <b>LES MILLS</b><br><b>BODYPUMP</b>                                                            |                                                                                            | <b>LES MILLS</b><br><b>BODYPUMP</b>                                                             | 5:45pm<br><i>Oula</i> <del>X</del>                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                               |
| 6:30pm  | <b>HIGH</b> <small>POP UP 10/19!</small><br><small>fitness</small>                             |                                                                                            |                                                                                                 |                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                               |