


























# FITNESS CENTER LIVE INSTRUCTOR & LES MILLS GROUP WORKOUTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>LES MILLS BODYBALANCE</b> BASE WORKOUT 9:05 AM - 9:40 AM	 <b>LES MILLS BODYBALANCE</b> BASE WORKOUT 9:05 AM - 9:40 AM	 <b>LES MILLS BODYBALANCE</b> FLEXIBILITY 9:05 AM - 9:35 AM	 <b>LES MILLS BODYBALANCE</b> STRENGTH 9:05 AM - 9:35 AM	 <b>LES MILLS BODYBALANCE</b> EXPRESS YOGA 9:05 AM - 9:25 AM
 <b>LES MILLS BODYPUMP</b> BASE WORKOUT 10:05 AM - 10:40 AM	 <b>LES MILLS BODYPUMP</b> BASE WORKOUT 10:05 AM - 10:40 AM	 <b>LES MILLS SH'BAM</b> 10:05 AM - 10:35 AM	 <b>LES MILLS BODYPUMP</b> 10:05 AM - 10:35 AM	 <b>LES MILLS BODYPUMP</b> 10:05 AM - 10:35 AM
<b>LIVE INSTRUCTOR</b>  <b>HIIT BOOTCAMP</b> with Ashley 10:45 AM - 11:15 AM <b>PILATES</b> with Ashley 11:45 AM - 12:30 PM	<b>LIVE INSTRUCTOR</b> <b>YOGA</b> with Leilani  12 PM - 1 PM	<b>LIVE INSTRUCTOR</b>  <b>YOGA</b> with Leilani 10 AM - 11 AM  <b>BODYPUMP</b> with Carol 12 PM - 12:45 PM	<b>LIVE INSTRUCTOR</b>  <b>PILATES</b> with Ashley 12:30 PM - 1:15 PM	<b>Fitness Center Hours</b> <b>Monday - Friday</b>  9AM - 6PM 
 <b>LES MILLS SH'BAM</b> 2:00 PM - 2:30 PM	 <b>LES MILLS SH'BAM</b> 2:00 PM - 2:30 PM	 <b>LES MILLS SH'BAM</b> 2:00 PM - 2:30 PM	 <b>LES MILLS SH'BAM</b> 2:00 PM - 2:30 PM	 <b>LES MILLS SH'BAM</b> 2:00 PM - 2:30 PM
 <b>LES MILLS GRIT</b>   STRENGTH 3:00 PM - 3:30 PM	 <b>LES MILLS GRIT</b>   <b>CARDIO</b> 3:00 PM - 3:30 PM	 <b>LES MILLS GRIT</b>   STRENGTH 3:00 PM - 3:30 PM	 <b>LES MILLS GRIT</b>   STRENGTH 3:00 PM - 3:30 PM	 <b>LES MILLS GRIT</b>   <b>CARDIO</b> 3:00 PM - 3:30 PM