

# Group Fitness Schedule

Effective: August 26, 2013

Subject to Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am	Cycle RT ®	Pump/Cxpress 1 ®	Cycle RT ®	Cycle RT ®	LES MILLS BODYPUMP 1 ®			
				LES MILLS BODYATTACK 1				
8:00am		Martial Waters RP		Deep Water Athletes RP		8:00am	Cycle 60 ®	
8:45am	LES MILLS BODYVIVE 3		Moderate Moves 3		LES MILLS BODYVIVE 3	8:30am	LES MILLS BODYATTACK 1	LES MILLS BODYCOMBAT 1
9:00am	Walking Waters LP	Walk & Sculpt LP	Walking Waters LP	Walk & Sculpt LP	Walking Waters LP		Extreme Step 2	Cycle RT ®
9:15am	LES MILLS BODYCOMBAT 1	LES MILLS BODYPUMP 1 ®	Butts N' Guts 1	LES MILLS BODYATTACK 1	LES MILLS SH'BAM 1			Basic Step45 2
	Strong & Lean 2	Step I.T. 2	R.E.V. 2	Step 45 2	ATXT AF	8:45am	Aqua Zumba RP	
		Tabata AF				9:15am	Cycle RT ®	
	Cycle RT ®	Cycle RT ®	Cycle RT ®	Cycle RT ®	Cycle RT ®	9:30am	LES MILLS BODYPUMP 1 ®	LES MILLS BODYPUMP 1 ®
9:45am	Aqua Combo RP		Aqua Step & Sculpt RP		Splash A.C.T. RP		LES MILLS CXWORX 2	Yoga Flex 3
10:00am						10:15am	Pilates Mat 2	
10:15am	LES MILLS ZUMBA 1		LES MILLS BODYJAM 1	LES MILLS CXWORX 1	LES MILLS BODYPUMP 1 ®	10:30am		
	LES MILLS CXWORX 2					10:45am	LES MILLS SH'BAM 1	
10:30am	Yoga Flex 3	LES MILLS SH'BAM 1	Gentle Yoga 3		Yoga Flex 3			
		Pilates Mat 2						
1:00pm	LES MILLS BODYPUMP 1 ®			LES MILLS BODYPUMP 1 ®				
4:45pm	R.E.V.45 1	LES MILLS BODYPUMP 1 ®	LES MILLS BODYVIVE 1	Butts N' Guts 1	LES MILLS BODYPUMP 1			
5:30pm	LES MILLS CXWORX 1		LES MILLS CXWORX 1					
6:00pm	LES MILLS BODYATTACK 1	LES MILLS BODYCOMBAT 1	LES MILLS ZUMBA 1	R.E.V. 1				
	Strong & Lean 2	LES MILLS BODYVIVE 2	Tabata 2	Step 45 2				
		Yoga Flex 3						
6:15pm	Cycle RT ®							
6:30pm			Cycle RT ®			1 = Group Fitness Studio 1 2 = Group Fitness Studio 2 3 = Group Fitness Studio 3 = Cycling Studio ® = Online Resv. Necessary LP = Leisure Pool RP = Rec Pool MP = Main Pool		
6:45pm				LES MILLS CXWORX 2				
7:00pm	LES MILLS ZUMBA 1	LES MILLS BODYJAM 1	LES MILLS BODYPUMP 1 ®	LES MILLS BODYJAM 1				
				Yoga Flex 3				
7:15pm	Pilates Mat 2							
7:30pm	Walking Waters LP	Aqua Sculpt & Tone LP		Walk & Sculpt LP				

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