



## Group Exercise Schedule January 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CONNECT CYCLE</b> 5:15AM - 6:00AM Cycle Room	<b>LESMILLS BODYPUMP</b> 5:15AM - 6:00AM Studio 1	<b>CONNECT CYCLE</b> 5:15AM - 6:00AM Cycle Room	<b>LESMILLS BODYPUMP</b> 5:15AM - 6:00AM Studio 1	<b>CONNECT CYCLE</b> 5:15AM - 6:00AM Cycle Room	<b>LESMILLS BODYPUMP</b> 9:30AM - 10:30AM Studio 1	
<b>LESMILLS BODYPUMP</b> 6:00AM - 7:00AM Studio 1	<b>CONNECT CYCLE</b> 8:30AM - 9:15AM Cycle Room	<b>LESMILLS BODYPUMP</b> 6:00AM - 7:00AM Studio 1	<b>CONNECT CYCLE</b> 8:30AM - 9:15AM Cycle Room	<b>LESMILLS BODYPUMP</b> 6:00AM - 7:00AM Studio 1	<b>LESMILLS BODYPUMP</b> 6:00AM - 7:00AM Studio 1	
<b>Body Reborn</b> 8:30AM - 9:30AM Gym	<b>LESMILLS BODYPUMP</b> 9:30AM - 10:15AM Studio 1	<b>Body Reborn</b> 8:30AM - 9:30AM Gym	<b>LESMILLS BODYPUMP</b> 9:30AM - 10:15AM Studio 1	<b>Body Reborn</b> 8:30AM - 9:30AM Gym	<b>Body Reborn</b> 8:30AM - 9:30AM Gym	
<b>CONNECT CYCLE</b> 8:30AM - 9:15AM Cycle Room	<b>LESMILLS BODYPUMP</b> 4:30PM - 5:15PM Studio 1	<b>CONNECT CYCLE</b> 8:30AM - 9:15AM Cycle Room	<b>LESMILLS BODYPUMP</b> 4:30PM - 5:15PM Studio 1	<b>CONNECT CYCLE</b> 8:30AM - 9:15AM Cycle Room		
<b>LesMills BODYFLOW</b> 9:30AM - 10:15AM Studio 1	<b>ZUMBA</b> 5:15PM - 6:15PM Studio 3	<b>LesMills BODYFLOW</b> 9:30AM - 10:15AM Studio 1	<b>ZUMBA</b> 5:15PM - 6:15PM Studio 3	<b>Dance 2 BFit</b> 5:30PM - 6:30PM Studio 1	<b>Dance 2 BFit</b> 5:30PM - 6:30PM Studio 1	
<b>ZUMBA</b> 5:15PM - 6:15PM Studio 3						
<b>Dance 2 BFit</b> 5:30PM - 6:30PM Studio 1						