



Group Fitness Schedule - March 2026

Class Type: Low Impact Class Option

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Group Exercise Room						
LES MILLS BODYPUMP 5:30 AM	LES MILLS BODYPUMP 5:30 AM	LES MILLS BODYPUMP 5:30 AM	LES MILLS CORE 5:30 AM			
	LES MILLS BODYBALANCE Flexibility Focus 7:30		LES MILLS BODYPUMP 6:45 AM			LES MILLS CORE 8:30 AM
RETRO Aerobics 8:30 AM		LES MILLS BODYPUMP 8:30 AM	ZUMBA gold 8:15 AM	LES MILLS BODYPUMP 8:15 AM	LES MILLS BODYPUMP 8:30 AM	LES MILLS BODYPUMP 9:30 AM
LES MILLS BODYBALANCE 9:30 AM	Dance Fusion 9:30 AM	LES MILLS BODYBALANCE 9:30 AM		LES MILLS BODYATTACK 9:15 AM	ZUMBA gold 9:35 AM	
LES MILLS GRIT STRENGTH 10:40 AM		LES MILLS BODYCOMBAT 10:35 AM				
	LES MILLS BODYPUMP 12:30 PM	<i>Tai Chi</i> 11:30 AM				
		<i>Tai Chi</i> 12:15 PM				
LES MILLS BODYPUMP 12:30 PM	LES MILLS BODYPUMP 1:30 PM	LES MILLS BODYPUMP 1:30 PM	LES MILLS BODYPUMP 12:30 PM	LES MILLS BODYPUMP 12:30 PM	LES MILLS BODYPUMP 12:30 PM	LES MILLS BODYPUMP 12:30 PM
	LES MILLS BODYATTACK 4:30 PM	LES MILLS BODYSTEP 4:30 PM	LES MILLS BODYSTEP 4:30 PM			LES MILLS BODYBALANCE Flexibility Focus 4:30
LES MILLS BODYSTEP 5:00 PM	LES MILLS BODYPUMP 5:30 PM	ZUMBA 5:30 PM	STRONG 5:30 PM			
LES MILLS BODYPUMP HEAVY 6:00 PM	LES MILLS ONDEMAND 6:30 PM	LES MILLS ONDEMAND 6:30 PM	LES MILLS ONDEMAND 6:30 PM			
Cycle Studio						
	LES MILLS RPM 5:30 AM			LES MILLS RPM 5:30 AM		
	LES MILLS RPM 9:00 AM			LES MILLS RPM 9:00 AM		CYCLE 9:30 AM
	LES MILLS RPM 5:30 PM					
Outdoors						
		Walking 9:30 AM				
Mind Body Studio						
Classic Pilates 8:15 AM	Yoga Sculpt 6:00 AM	RETRO Aerobics 8:30 AM	Sculpt 8:30 AM	Move 8:30 AM	LES MILLS BODYBALANCE 8:30 AM	Yoga 8:30 AM
Chair Yoga 9:30 AM	Yoga 9:30 AM		Yoga 9:30 AM	Yoga Basics 9:30 AM		
		Yoga 10:15am JILL G		Classic Pilates 10:35 AM		
CREATIVE MOVEMENT 11:30 AM		CREATIVE MOVEMENT 11:30 AM				
Yoga 4:30 PM	Sculpt 4:30 PM		LES MILLS BODYBALANCE 4:30 PM			
Yoga 6:00 PM		Glute 5:30 PM	Restorative Yoga 6:00 PM			
Indoor/Outdoor Pool						
Aqua Aerobics 10:00 AM				Aqua Aerobics 10:00 AM		