

# The Unlimited Group Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5.00am	<b>LesMILLS RPM</b> Cissy	<b>LesMILLS BODYPUMP</b> Nikki	Cycle Circuit Christy	<b>LesMILLS RPM</b> Nikki	<b>LesMILLS BODYATTACK</b> Christy			
8.00am	Senior Cardio Sherri		Senior Circuit Sherri		Senior Strength Sherri			
8:15AM		<b>LesMILLS BODYATTACK</b> Christy/Julie		<b>LesMILLS BODYATTACK</b> Christy/Julie	<b>LesMILLS BODYVIVE 3.1</b> Molly/Rhonda On the Court	8:15AM	<b>LesMILLS BODYVIVE 3.1</b> Rhonda/MC	
						8:15AM	<b>LesMILLS RPM</b> Jenny	
8:15am		<b>LesMILLS RPM</b> Alicia		<b>LesMILLS RPM</b> Jenny				
9:00am	Cycle Circuit Rebecca		Cycle Circuit Holley		Circuit Training Kristen	9:00AM	<b>LesMILLS BODYPUMP</b> Emily/Jenny	
9:15am		<b>LesMILLS BODYPUMP</b> Emily/Jenny		<b>LesMILLS BODYPUMP</b> Emily/Jenny				
9.30am	<b>LesMILLS BODYFLOW</b> Alicia		<b>LesMILLS BODYFLOW</b> Rhonda		<b>LesMILLS BODYFLOW</b> Mary	9:00AM	<b>LesMILLS BODYFLOW</b> Zeynep	
NOON	<b>LesMILLS BODYPUMP</b> Mary		<b>LesMILLS BODYPUMP</b> Liz		<b>LesMILLS BODYPUMP</b> Blair/Liz	3:00PM		<b>LesMILLS BODYATTACK</b> Brooke/Molly (1st and 3rd Sunday)
						4:00PM		<b>LesMILLS BODYPUMP</b> Brooke
4:30PM	<b>LesMILLS BODYPUMP</b> Rhonda	<b>LesMILLS BODYVIVE 3.1</b> Molly/MC	<b>LesMILLS BODYPUMP</b> Rhonda	<b>LesMILLS BODYVIVE 3.1</b> Molly/Rhonda	<b>LesMILLS BODYPUMP</b> Liz			
5:00PM	Circuit Training Kristen On the Court							
5:15PM					<b>LesMILLS RPM</b> Liz			
5:30PM	<b>LesMILLS BODYVIVE 3.1</b> Rhonda/Molly	<b>LesMILLS BODYATTACK</b> Brooke/Molly	<b>LesMILLS RPM</b> Liz	<b>LesMILLS BODYATTACK</b> Brooke/Molly				
5:30PM	<b>LesMILLS RPM</b> Liz	<b>LesMILLS BODYPUMP</b> Blair/Liz On the Court	Fusion Dance 30-Molly	<b>LesMILLS BODYPUMP</b> Emily/Jenny On the Court				
6:15PM	Circuit Training Molly/Rhonda		6:00pm Fusion Yoga 30-Rhonda					
6:30PM			<b>LesMILLS BODYPUMP</b> Brooke	<b>LesMILLS BODYFLOW</b> Rhonda				