

The Unlimited Group Fitness Schedule

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