

Group Exercise Schedule - Fall 2026

		Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
The Power Studio	5:30am	LES MILLS BODYPUMP		LES MILLS BODYPUMP					
	8:00am								
	8:30am						8:30am	 	
	9:00am	LES MILLS BODYPUMP		LES MILLS BODYPUMP		LES MILLS BODYPUMP			
	9:30am								
	10:00am	Yoga Stretch		Yoga Stretch					
	11:00am								
	12:00pm								
	5:30pm								
	5:45pm	LES MILLS BODYPUMP		LES MILLS BODYPUMP					
	6:00pm	Rotation 							
	6:45 pm								
	7:00 pm		YOGA						
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
CYCLE STUDIO	5:30am		Power Ride		Power Ride				
	8:30am							Cycle/ 	
	5:30pm								
	6:00pm	Power Ride		Power Ride					
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
POOL	8:30am	Aqua Fit		Aqua Fit		Aqua Fit			
	9:30am		Aqua Splash		Aqua Splash				
	4:00pm								
	6:00pm								