

WEST GROUP EXERCISE SCHEDULE



GROUP EXERCISE ROOM

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	LESMILLS BODYCOMBAT	LESMILLS BODYFLOW	LESMILLS SH'BAM	barre	LESMILLS BODYCOMBAT		
7:00AM	LESMILLS SH'BAM	barre	LESMILLS BODYCOMBAT	LESMILLS BODYFLOW	barre	LESMILLS BODYCOMBAT	
8:00AM	barre	LESMILLS BODYCOMBAT	Yoga	LESMILLS SH'BAM	barre	LESMILLS SH'BAM	
9:00AM	Barre	Power Hour	ZUMBA	Power Hour	ZUMBA	Barre	
10:00AM	Power Hour	YOGA LUSCIOUS	Barre	Stretch	Power Hour	Yoga	
11:00AM	SilverSneakers	barre	SilverSneakers	LESMILLS BODYCOMBAT	SilverSneakers	ZUMBA	
12:00PM	LESMILLS SH'BAM	LESMILLS BODYCOMBAT	LESMILLS BODYFLOW	LESMILLS SH'BAM	SilverSneakers Yoga		
1:00PM	LESMILLS BODYCOMBAT	LESMILLS BODYFLOW	LESMILLS SH'BAM	barre	LESMILLS BODYFLOW		ZUMBA
2:00PM		LESMILLS BODYCOMBAT		LESMILLS SH'BAM			
3:00PM	LESMILLS BODYCOMBAT	LESMILLS BODYFLOW	LESMILLS SH'BAM	barre	LESMILLS BODYCOMBAT		
4:00PM		Yoga		Yoga			
5:00PM	Power Hour	WERK	Power Hour	WERK	LESMILLS BODYCOMBAT		
6:00PM	ZUMBA	Power Hour	ZUMBA	barre	LESMILLS BODYFLOW		
7:00PM	LESMILLS BODYFLOW	barre	LESMILLS BODYCOMBAT	LESMILLS BODYFLOW	LESMILLS SH'BAM		

KEY

- New Classes
- Highlighted classes are live streamed
- The play button notates a virtual class

*See app for