

LAND GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPIN 5:10AM ANDREA LES MILLS RPM		SPIN 5:25AM JoAN LES MILLS Sprint		SPIN 5:10AM ANDREA LES MILLS RPM	
MG 6:00AM ANDREA LES MILLS BODYPUMP	US 6:00AM VICKIE Yoga	MG 6:00AM ASHLEY B LES MILLS BODYPUMP	US 6:00AM MELISSA Yoga	MG 6:00AM ANDREA LES MILLS BODYPUMP	US 8:00AM DANELLE LES MILLS BODYBALANCE
	US 7:15AM NANCY Pilates		US 7:15AM NANCY Pilates		MG 8:00 ANDRE/ALOK LES MILLS CORE
SPIN 9:00AM LES MILLS Sprint	MG 9:00AM RAQUEL LES MILLS BODYPUMP		MG 9:00AM DENISE LES MILLS BODYPUMP	SPIN 9:00AM DENISE LES MILLS Sprint	SPIN 9:00AM ASHLEY M. LES MILLS RPM
US 9:30AM GAYLE Yoga		SPIN 9:00AM LES MILLS RPM			MG 9:00AM DENISE LES MILLS BODYPUMP
	US 12:00PM MARYSUE Yoga		US 12:00PM PAUL Yoga		US 9:00AM ASHLEY B. LES MILLS BODYCOMBAT
					Virtual
	MG 4:30PM DENISE LES MILLS BODYPUMP	US 4:30PM JEN G LES MILLS BODYSTEP	MG 4:30PM RAQUEL LES MILLS BODYPUMP	SPIN 4:30PM DENISE LES MILLS Sprint	
SPIN 4:50PM ALOK HIIT RIDE	US 5:00PM ALOK LES MILLS CORE		US 5:00PM TERRI LES MILLS CORE	MG 5:00PM DENISE LES MILLS BODYPUMP	CLASS LOCATIONS
	MG 5:30PM ASHLEY LES MILLS BODYATTACK		MG 5:30PM ANDRE LES MILLS BODYATTACK		MG- Member's Gym Main floor
MG 5:30PM ASHLEY LES MILLS BODYPUMP	US 5:30PM SAMANTHA LES MILLS BODYBALANCE	MG 5:30PM ANDRE LES MILLS BODYPUMP	MG 5:30PM ANDRE LES MILLS BODYATTACK		
US 5:30PM MELISSA Yoga		US 5:35PM DEBRACCA ZUMBA Chair gold	US 6:00PM ASHLEY B. LES MILLS BODYCOMBAT		US- Upstairs Studio Enter from track
MG 6:35PM ASHLEY M. LES MILLS GRIT	MG 6:35PM MATT FIRE IN MOTION	US 6:35PM RANDY Yoga	MG 6:35PM MATT FIRE IN MOTION	US 6:00PM LES MILLS SH'BAM	SPIN- Cycle studio Off lobby
US 6:35PM SHARLI WERQ		MG 6:35PM ANDRE LES MILLS GRIT			

Be sure to join our Facebook RiverPlex Group Exercise Page! Class changes and group exercise announcements will be posted on our page.

9/11/2023