

# STUDIO A



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15a	Strength Development <small>LES MILLS</small>		<small>LES MILLS</small> FUNCTIONAL STRENGTH		<small>LES MILLS</small> BODYBALANCE		
5:30a		<small>LES MILLS</small> CORE		Core FUSION			
6:30a		<small>LES MILLS</small> BODYPUMP		<small>LES MILLS</small> BODYPUMP			
7:00a							<small>LES MILLS</small> BODYPUMP
8:00a		<small>LES MILLS</small> BODYCOMBAT		<small>LES MILLS</small> BODYCOMBAT		<small>LES MILLS</small> BODYPUMP	
8:15a	Strength Development <small>LES MILLS</small>		<small>LES MILLS</small> PILATES		Core FUSION		
9:00a						<small>LES MILLS</small> BODYSTEP	yoga
9:15a	<small>LES MILLS</small> BODYSTEP	<small>LES MILLS</small> BODYPUMP	Core FUSION	Strength Development <small>LES MILLS</small>	<small>LES MILLS</small> BODYSTEP		
10:00a						<small>LES MILLS</small> PILATES	
10:15a	<small>LES MILLS</small> BODYBALANCE		<small>LES MILLS</small> BODYBALANCE		<small>LES MILLS</small> BODYBALANCE		
12:30p			<small>LES MILLS</small> BODYPUMP		<small>LES MILLS</small> BODYPUMP		<small>LES MILLS</small> BODYBALANCE
3:00p						<small>LES MILLS</small> BODYPUMP	
4:30	<small>LES MILLS</small> BODYBALANCE	<small>LES MILLS</small> PILATES	<small>LES MILLS</small> BODYSTEP	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> CORE		
5:30p	<small>LES MILLS</small> FUNCTIONAL STRENGTH	<small>LES MILLS</small> BODYSTEP	Strength Development <small>LES MILLS</small>		<small>LES MILLS</small> BODYBALANCE		
6:30p	ZUMBA	yoga	ZUMBA	yoga			
8:00p	<small>LES MILLS</small> BODYCOMBAT	<small>LES MILLS</small> BODYPUMP	<small>LES MILLS</small> BODYBALANCE	<small>LES MILLS</small> BODYPUMP			

DENOTES LIVE CLASS

DENOTES VIRTUAL CLASS

SCHEDULE EFFECTIVE 01/10/26

LES MILLS

IMMERSIVE FITNESS

# STUDIO B



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00a		<b>LES MILLS</b> <i>sprint</i>		<b>LES MILLS</b> <i>sprint</i>			
6:00a		<b>LES MILLS</b> <i>sprint</i>					
7:00a	<b>LES MILLS</b> ▶ THE TRIP		<b>LES MILLS</b> ▶ THE TRIP		<b>LES MILLS</b> ▶ THE TRIP		
7:15a						<b>LES MILLS</b> <i>sprint</i>	
7:30a		<b>LES MILLS</b> ▶ THE TRIP		<b>LES MILLS</b> ▶ THE TRIP			
8:00a						<i>Core</i> <b>FUSION</b>	
8:30a							<b>LES MILLS</b> <i>sprint</i>
9:00a						<b>LES MILLS</b> <i>BODYBALANCE</i>	
9:15a	<b>LES MILLS</b> <i>RPM</i>		<b>LES MILLS</b> <i>sprint</i>		<b>LES MILLS</b> <i>RPM</i>		
10:15a	<b>Thrive</b> 45	<b>Thrive</b> 45	<b>Thrive</b> 45	<b>Thrive</b> 45			
11:00a						<b>LES MILLS</b> ▶ THE TRIP	
12:30p	<b>LES MILLS</b> ▶ THE TRIP	<b>LES MILLS</b> ▶ <i>RPM</i>	<b>LES MILLS</b> ▶ THE TRIP	<b>LES MILLS</b> ▶ <i>RPM</i>	<b>LES MILLS</b> ▶ THE TRIP		<b>LES MILLS</b> ▶ THE TRIP
2:00p						<b>LES MILLS</b> ▶ <i>RPM</i>	
5:30p		<b>LES MILLS</b> <i>sprint</i>	<b>LES MILLS</b> <i>PILATES</i>				
6:30p	<b>LES MILLS</b> ▶ THE TRIP						
7:30p		<b>LES MILLS</b> ▶ THE TRIP		<b>LES MILLS</b> ▶ THE TRIP			



DENOTES LIVE CLASS



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SCHEDULE EFFECTIVE 01/10/26

**LES MILLS**

IMMERSIVE FITNESS