THE WELLNESS CLINIC AT LIFEQUEST

# STUDIO A

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 5:15a | Strength Development | | LesMills BODYPUMP | | LesMills BODYBALANCE | | |
| 5:30a | | LesMills CORE | | Core FUSION | | | |
| 7:00a | | | | | | | |
| 8:00a | | | | | | Strength Development | |
| 8:15a | LesMills PILATES | | Strength Development | | Core FUSION | | |
| 9:00a | | | | | | LesMills BODYSTEP | yoga |
| 9:15a | LesMills BODYSTEP | Strength Development | Core FUSION | LesMills BODYPUMP | LesMills BODYSTEP | | |
| 10:00a | | | | | | LesMills PILATES | |
| 12:30p | | | | | | | |
| 4:30 | LesMills BODYBALANCE | LesMills PILATES | LesMills BODYSTEP | LesMills BODYPUMP | | | |
| 5:30p | LesMills BODYPUMP | LesMills BODYSTEP | Strength Development | Core FUSION | | | |
| 6:30p | ZUMBA | yoga | ZUMBA | yoga | | | |

LesMills

IMMERSIVE FITNESS

● DENOTES LIVE CLASS

▷ *VIRTUAL CLASSES HELD IN STUDIO B*

***SCHEDULE EFFECTIVE 10/17/26***

THE WELLNESS CLINIC AT LIFEQUEST

# STUDIO B

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| 5:00a | | LesMills sprint | | LesMills sprint | | | |
| 7:00a | LesMills THE TRIP | | LesMills THE TRIP | | LesMills THE TRIP | | |
| 7:15a | | | | | | LesMills sprint | |
| 7:30a | | LesMills THE TRIP | | LesMills THE TRIP | | | |
| 8:00a | | | | | | Core FUSION | |
| 8:30a | | | | | | | LesMills sprint |
| 9:00a | | yoga | | yoga | | LesMills BODYBALANCE | |
| 9:15a | LesMills RPM | | LesMills sprint | | LesMills RPM | | |
| 10:15a | Thrive 45 | Thrive 45 | Thrive 45 | Thrive 45 | New Member ORIENTATION | | |
| 11:00a | | | | | | LesMills THE TRIP | |
| 12:30p | LesMills THE TRIP | LesMills RPM | LesMills THE TRIP | LesMills RPM | LesMills THE TRIP | | LesMills THE TRIP |
| 2:00p | | | | | | LesMills RPM | |
| 5:30p | | LesMills sprint | LesMills PILATES | | | | |
| 6:30p | New Member ORIENTATION | | LesMills THE TRIP | | | | |
| 7:30p | | LesMills THE TRIP | | LesMills THE TRIP | | | |

LesMills IMMERSIVE FITNESS

DENOTES LIVE CLASS

DENOTES VIRTUAL CLASS

*SCHEDULE EFFECTIVE 10/17/26*