LES MILLS SCHEDULE

BODYPUMP:

MONDAY:
12:00PM WITH KELLEY (STUDIO 1)

TUESDAY:
8:15AM WITH JESSICA (STUDIO 1)
5:30PM WITH KIM (STUDIO 2)

WEDNESDAY:
12:00PM WITH EMILY (STUDIO 1)
5:30PM WITH KELLY N. (STUDIO 1)

THURSDAY:
9:30AM WITH JESSICA/EMILY (STUDIO 1)

FRIDAY:
5:15AM WITH JESSICA (STUDIO 1)
12:00PM WITH KELLEY (STUDIO 1)

SATURDAY: 9:30AM (STUDIO 1)
11/7 KELLY
11/14 JESSICA
11/21 JENNIFER
11/28 JENNIFER

SUNDAY: 3:00PM (STUDIO 1)
JENNIFER T.

PILATES:

WEDNESDAY:
6:00AM WITH SHEA (STUDIO 3)

SUNDAY:
4:15PM WITH SHEA (STUDIO 3)

CYCLE:

TUESDAY/THURDAY:
9:00AM WITH WHITNEY