



GROUP FITNESS SCHEDULE

Effective October 2021

Virtual Class in GF Studio*

- AUDITORIUM
- GROUP FITNESS STUDIO
- VIA ZOOM
- MB STUDIO
- TRX
- TENNIS COURT

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	LES MILLS BODYATTACK Jen N.		LES MILLS BODYPUMP Claudia		LES MILLS sprint		
5:30AM AUDIT.		LES MILLS RPM Claudia	LES MILLS CYCLE Madison	LES MILLS CORE Jennifer N.			
6:30AM			LES MILLS BODYFLOW		LES MILLS BODYFLOW		
6:30AM AUDIT.							
8:15AM	LES MILLS BODYPUMP Robin		LES MILLS LIIT For Seniors Sarah LES MILLS BODYPUMP Robin		LES MILLS LIIT For Seniors Sarah		
8:15AM					LES MILLS BODYPUMP Robin		
8:30AM AUDIT.		LES MILLS RPM Blaire			LES MILLS RPM Blaire		
8:30AM TENNIS						Yoga Nan	
8:30AM						LES MILLS BODYPUMP Sarah/Daly	
9:00AM ZOOM			LES MILLS CORE Robin	Yoga Cindy			
9:00AM POOL							
9:15PM					J CARDIO BLAST Robin		
9:15AM ZOOM	LES MILLS CORE Robin						
9:30AM ZOOM			Yoga Cindy				
9:30AM AUDIT.		ZUMBA gold Lillian		ZUMBA gold Lillian			LES MILLS CYCLE Madison
9:30AM		YOGA BASICS Jill		YOGA BASICS Jill			LES MILLS BODYPUMP Sarah
10:15AM ZOOM	LES MILLS BODYFLOW Nan				LES MILLS BODYFLOW Nan		
10:15AM	LES MILLS BODYFLOW	LES MILLS BODYCOMBAT	LES MILLS BODYPUMP				
10:30AM ZOOM				LES MILLS LIIT For Seniors Sarah			
11:15AM	LES MILLS BODYPUMP				LES MILLS BODYPUMP		LES MILLS CORE
12:30PM						GRIT PLYO	
1:00PM AUDIT.						GRIT PLYO Daly	
1:15PM	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP	LES MILLS BODYCOMBAT		LES MILLS BODYJAM	
2:15PM	GRIT STRENGTH	LES MILLS sprint			LES MILLS BODYFLOW	LES MILLS BODYATTACK	LES MILLS BODYPUMP
3:15PM		LES MILLS CORE	LES MILLS GRIT CARDIO				
4:00PM ZOOM		LES MILLS BODYFLOW Nan					
4:00PM		LES MILLS BODYFLOW					
4:30PM							GRIT STRENGTH
5:00PM ZOOM				LES MILLS BODYFLOW Nan			
5:15PM AUDIT.		BOOT CAMP Sarah B.		BOOT CAMP Sarah B.			
5:30PM TRX	TRX + Sam	TRX + Sam					
5:30PM MB	Yoga Rachel Finn	Yoga Rachel Finn					
5:30PM	LES MILLS BODYSTEP Katie/Robin H	LES MILLS BODYPUMP Robin	ZUMBA Lillian CARDIO KICK Lillian				
5:30PM AUDIT.							
6:00PM MB							
6:00PM POOL							

*Virtual Classes are 30 minutes unless otherwise indicated.

Please note: All classes are reviewed monthly and revised where necessary, quarterly. We assess with the help of your feedback, the time, type and instructor of the class. Contact Tabithad@bhamjcc.org or Mwilliams@bhamjcc.org for questions or concerns.