

Group Fitness

Schedules online www.ddaonline.com

Thank you, Instructors!

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
High Energy Studio	5:30am		LES MILLS BODYPUMP	LES MILLS GRIT	LES MILLS BODYPUMP				
	8:15am	tone	LES MILLS GRIT	LES MILLS BODYPUMP	LES MILLS GRIT	tone	8:00am	LES MILLS BODYPUMP LES MILLS BODYSTEP	
	9:00am		LES MILLS CXWORK				9:15am	LES MILLS BODYJAM LES MILLS BODYFLOW	
	9:30am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS SITRAM	LES MILLS BOXSTEP CLASSIC	LES MILLS BODYPUMP	10:15am	LES MILLS CXWORK	
	10:45am	LES MILLS BODYFLOW	tone	Restorative Yoga	tone	Yoga			
	11:45am		Silver Sneakers		Silver Sneakers				
	Noon	LES MILLS BODYPUMP		LES MILLS GRIT		LES MILLS BODYPUMP			
	4:30pm	LES MILLS BODYJAM	LES MILLS BODYFLOW	LES MILLS BODYPUMP	Flow Yoga				
	4:45pm					LES MILLS GRIT			
	5:30pm		LES MILLS CXWORK	LES MILLS GRIT	LES MILLS CXWORK	LES MILLS BODYPUMP			
	5:45pm	LES MILLS BODYPUMP							
	6:00pm		LES MILLS BODYATTACK		LES MILLS BODYCOMBAT				
7:00pm	Gentle Yoga								
Bootcamp	6:00am	Bootcamp		Bootcamp		Bootcamp			
	9:30am		Bootcamp		Bootcamp	8:00am	Bootcamp		
	5:30pm		Bootcamp		Bootcamp				
Mind Body	9:30am		Beginning Yoga	Yoga Strength	LES MILLS BODYFLOW	9:15am	Flow Yoga		
	10:30am	Silver Sneakers Yoga					Silver Sneakers Yoga		
	5:45pm								
Power Pedal	5:30am	Power Pedal	Power Pedal	Power Pedal	Power Pedal	LES MILLS RPM	7:00am	Power Pedal	
	9:30am	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM		Power Pedal	9:15am	LES MILLS RPM	
	Noon		LES MILLS RPM		LES MILLS RPM				
	4:30pm				Power Pedal				
	5:45pm	Power Pedal		LES MILLS RPM					
Pool	9:00am	Waves in Motion	Waves in Motion	Waves in Motion	Waves in Motion	Waves in Motion			
	10:15am	Silver Waves		Silver Waves		Silver Waves			



Effective - July 23rd, 2019