

Group Fitness



Schedules online www.ddaonline.com

Thank you, Instructors!

* All Classes are 55 Mins unless otherwise noted.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High Energy Studio	5:30am		LES MILLS BODYPUMP	LES MILLS GRIT 30'	LES MILLS BODYPUMP		
	8:15am	LES MILLS tone	LES MILLS GRIT 30'	LES MILLS BODYPUMP	LES MILLS GRIT 30'	LES MILLS tone	8:00am LES MILLS BODYPUMP 45' LES MILLS BODYSTEP
	9:00am		LES MILLS CXWORX 30'				8:45am LES MILLS CXWORX 30'
	9:30am	LES MILLS BODYPUMP	LES MILLS BODYCOMBAT	LES MILLS SH'BAM	LES MILLS BODYSTEP	LES MILLS BODYPUMP	9:15am LES MILLS BODYJAM LES MILLS BODYFLOW
	10:45am	LES MILLS BODYFLOW	LES MILLS tone 45'	Restorative Yoga	LES MILLS tone 45'	Yoga	
	11:45am						
	Noon	LES MILLS BODYPUMP		LES MILLS GRIT 30'		LES MILLS BODYPUMP	
	4:30pm	LES MILLS BODYJAM	LES MILLS BODYFLOW	LES MILLS BODYPUMP	Flow Yoga		
	4:45pm					LES MILLS GRIT 30'	
	5:30pm		LES MILLS CXWORX 30'	LES MILLS GRIT 30'	LES MILLS CXWORX 30'	LES MILLS BODYPUMP	
	5:45pm	LES MILLS BODYPUMP					
	6:00pm		LES MILLS BODYATTACK		LES MILLS BODYCOMBAT		
7:00pm	Gentle Yoga						
Bootcamp	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00am	Bootcamp		Bootcamp		Bootcamp	
	9:30am		Bootcamp		Bootcamp		8:00am Bootcamp
5:30pm		Bootcamp		Bootcamp			
Mind Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30am		Beginning Yoga	Yoga Strength	LES MILLS BODYFLOW		9:15am Flow Yoga
	10:30am						
5:45pm							
Power Pedal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am	Power Pedal	Power Pedal	LES MILLS RPM	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				LES MILLS RPM		
5:45pm	Power Pedal		LES MILLS RPM				

Effective - March 16, 2020