



Bellevue | May 5th - May 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Basketball Gym			5:00AM-5:55AM (Gym) 3:00PM-5:20PM (Gym)	6:00AM-8:00AM (Gym) 3:00PM-5:20PM (Gym)	5:00AM-5:55AM (Gym) 11:30AM-7:00PM (Gym)	2:30PM-6:00PM (Gym)	12:00PM-6:00PM (Gym)
Les Mills SPRINT Cycling Studio			5:15AM-5:45AM (Cycling) <i>Alvaro M.</i> 9:40AM-10:10AM (Cycling) <i>Jessica S.</i> 5:00PM-5:30PM (Cycling) <i>Meredith R.</i>	7:45AM-8:15AM (Cycling) <i>Shannon B.</i>	5:15AM-5:45AM (Cycling) <i>Alvaro M.</i> 9:40AM-10:10AM (Cycling) <i>Steve H.</i>	9:40AM-10:10AM (Cycling) <i>Anastasia K.</i>	12:20PM-12:50PM (Cycling) <i>Anastasia K.</i> 2:25PM-2:55PM (Cycling) <i>Bond N.</i>
Pickleball Basketball Gym			6:00AM-8:00AM (Gym)	12:00PM-3:00PM (Gym)	6:00AM-8:00AM (Gym)		
Open Swim (Full Rec Pool) Rec Pool			6:00AM-8:00PM (Rec Pools) 7:00AM-6:00PM (Rec Pools) 4:00PM-6:00PM (Rec Pools) 7:15PM-8:00PM (Rec Pools)	11:00AM-8:00PM (Rec Pools) 11:00AM-8:00PM (Rec Pools) 11:00AM-8:00PM (Rec Pools)	11:00AM-8:00PM (Rec Pools) 11:00AM-8:00PM (Rec Pools)	7:00AM-8:00AM (Rec Pools) 9:00AM-1:00PM (Rec Pools)	12:00PM-5:00PM (Rec Pools)
Open Swim (Full Pool) Lap Pool			6:00AM-8:00PM (Lap Pools)	11:00AM-8:00PM (Lap Pools)	11:00AM-8:00PM (Lap Pools)	7:00AM-5:00PM (Lap Pools)	12:00PM-5:00PM (Lap Pools)
Lap Swim - 3 Lanes Lap Pool			6:00AM-12:00PM (Lap Pools) 4:00PM-8:00PM (Lap Pools)	11:00AM-12:00PM (Lap Pools) 4:00PM-5:00PM (Lap Pools)	11:00AM-12:00PM (Lap Pools) 4:00PM-8:00PM (Lap Pools)	8:00AM-1:00PM (Lap Pools)	12:00PM-5:00PM (Lap Pools)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP Studio 1			6:00AM-6:45AM (Strength) <i>Pam J.</i> 10:45AM-11:40AM (Strength) <i>Jessica C.</i> 5:30PM-6:25PM (Strength) <i>Laura B.</i>	5:15AM-6:15AM (Strength) <i>Alvaro M.</i> 8:30AM-9:25AM (Strength) <i>Chelsey C.</i> 12:00PM-12:45PM (Strength) <i>Annika F.</i> 4:30PM-5:15PM (Strength) <i>Grace M.</i> 6:35PM-7:20PM (Strength) <i>Laura B.</i>	8:30AM-9:00AM (Strength) <i>Pamela W.</i> 10:45AM-11:40AM (Strength) <i>Chelsey C.</i> 6:00PM-6:30PM (Strength) <i>Melanie K.</i>	7:15AM-8:00AM (Strength) <i>Jerry M.</i> 10:40AM-11:35AM (Strength) <i>Melanie K.</i>	3:15PM-4:15PM (Strength) <i>Bond N.</i>
Line Dancing Studio 1			7:15AM-8:15AM (Dance) <i>Joanna M.</i>				
AOA Yoga Community Room			7:30AM-8:20AM (Active Older Adults) <i>Regina F.</i> 11:40AM-12:25PM (Active Older Adults) <i>Jennifer J.</i>	10:30AM-11:20AM (Active Older Adults) <i>Regina F.</i>			
H2O Circuit Rec Pool			8:05AM-8:50AM (Aquatics) <i>Hannah G.</i> 9:00AM-9:45AM (Aquatics) <i>Hannah G.</i> 6:15PM-7:15PM (Aquatics) <i>Regina F.</i>			8:00AM-8:55AM (Aquatics) <i>Joanna M.</i>	
Group Exercise Class - Gym Basketball Gym			8:15AM-12:00PM (Gym) 5:20PM-6:40PM (Gym)	5:00AM-6:00AM (Gym) 8:15AM-11:45AM (Gym) 5:20PM-6:40PM (Gym)	8:15AM-11:30AM (Gym)	7:00AM-12:30PM (Gym)	
Les Mills PILATES Studio 2			8:30AM-9:15AM (Mind/Body) <i>Jennifer Y.</i>				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYCOMBAT Studio 1			8:30AM-9:25AM (Martial Arts) <i>Jessica C.</i>			9:30AM-10:30AM (Martial Arts) <i>Grace M.</i>	4:30PM-5:25PM (Martial Arts) <i>Grace M.</i>
Indoor Cycling Cycling Studio			8:30AM-9:25AM (Cycling) <i>Kelly A.</i> 12:00PM-12:45PM (Cycling) <i>Mary Z.</i>	5:30PM-6:15PM (Cycling) <i>Rosie Z.</i>	8:30AM-9:25AM (Cycling) <i>Kelly A.</i>	8:30AM-9:15AM (Cycling) <i>John C.</i>	
Les Mills CORE Basketball Gym			8:45AM-9:30AM (Strength) <i>Pamela W.</i>			10:20AM-10:50AM (Strength) <i>Bond N.</i>	
Functional Balance Community Room			8:45AM-9:15AM (Active Older Adults) <i>Sue H.</i>				
AOA Cardio Community Room			9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>		9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>	9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>	
Dance Blast Studio 1			9:35AM-10:30AM (Dance) <i>Carly C.</i>		9:35AM-10:30AM (Dance) <i>Carly C.</i>	8:15AM-9:15AM (Dance) <i>Lucy M.</i>	2:10PM-3:05PM (Dance) <i>Chaselynn B.</i>
BODYBALANCE Studio 2			9:35AM-10:35AM (Mind/Body) <i>Jessica C.</i> 6:40PM-7:40PM (Mind/Body) <i>Chaley B.</i>	7:30AM-8:30AM (Mind/Body) <i>Jennifer Y.</i> 5:30PM-6:30PM (Mind/Body) <i>Amy C.</i>	9:30AM-10:30AM (Mind/Body) <i>Jessica C.</i>	11:45AM-12:45PM (Mind/Body) <i>Chaley B.</i>	12:05PM-1:05PM (Mind/Body) <i>Gail M.</i> 4:30PM-5:30PM (Mind/Body) <i>LaRae S.</i>
Les Mills GRIT Series Basketball Gym			9:40AM-10:10AM (Circuit Training) <i>Chelsey C.</i>	5:15AM-5:45AM (Circuit Training) <i>Dontal J.</i>	9:40AM-10:10AM (Circuit Training) <i>Craig B.</i>	9:40AM-10:10AM (Circuit Training) <i>Shannon B.</i>	
Les Mills SHAPES Basketball Gym			10:30AM-11:15AM (Mind/Body) <i>Annika F.</i>				
Stretch & Recover Studio 2			10:40AM-11:25AM (Mind/Body) <i>Jessica S.</i>	6:00AM-6:45AM (Mind/Body) <i>Julie K.</i> 8:35AM-9:15AM (Mind/Body) <i>Shannon B.</i>		9:30AM-10:25AM (Mind/Body) <i>Melanie K.</i>	
AOA Strength Community Room			10:45AM-11:30AM (Active Older Adults) <i>Jennifer J.</i>		7:30AM-8:20AM (Active Older Adults) <i>Brittney H.</i> 10:30AM-11:20AM (Active Older Adults) <i>Sue H.</i>	10:30AM-11:20AM (Active Older Adults) <i>Sue H.</i>	

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Mat Pilates Studio 2			11:30AM-12:25PM (Mind/Body) <i>Joanna M.</i>			10:35AM-11:35AM (Mind/Body) <i>Greta H.</i>	
BODYBALANCE Studio 1			12:00PM-1:00PM (Mind/Body) <i>LaRae S.</i>				
Pickleball - Full Court Basketball Gym			12:00PM-3:00PM (Gym)				
Les Mills THRIVE Studio 1			1:10PM-1:55PM (Strength) <i>LaRae S.</i>		1:10PM-1:55PM (Strength) <i>Annika F.</i>		
Basic Yoga Studio 2			4:15PM-5:15PM (Mind/Body) <i>Jennifer J.</i>		8:30AM-9:20AM (Mind/Body) <i>Sarah S.</i> 4:30PM-5:25PM (Mind/Body) <i>Cindy G.</i>	8:15AM-9:15AM (Mind/Body) <i>Jenness S.</i>	
Step Studio 1			4:30PM-5:20PM (Cardio) <i>Beth P.</i>		7:30AM-8:20AM (Cardio) <i>Pam J.</i>		
BARRE Studio 2			5:30PM-6:25PM (Strength) <i>Chaselynn B.</i>	9:30AM-10:25AM (Strength) <i>Joanna M.</i>	10:35AM-11:30AM (Strength) <i>Brierra M.</i>		1:15PM-2:10PM (Strength) <i>Melanie K.</i>
Boot Camp Basketball Gym			5:35PM-6:25PM (Circuit Training) <i>Renata S.</i>			7:15AM-8:15AM (Circuit Training) <i>Sue H.</i>	
Open Swim - Shallow End Only Rec Pool			6:15PM-7:15PM (Rec Pools)			8:00AM-9:00AM (Rec Pools)	
Adult Basketball Basketball Gym			6:40PM-9:00PM (Gym)			12:30PM-2:30PM (Gym)	
AOA Dance Community Room				7:30AM-8:20AM (Active Older Adults) <i>Joanna M.</i>	11:30AM-12:30PM (Active Older Adults) <i>Joanna M.</i>		
Les Mills SHAPES Studio 1				7:30AM-8:15AM (Mind/Body) <i>Jessica C.</i>			
BODYCOMBAT Basketball Gym				8:30AM-9:25AM (Martial Arts) <i>Gail M.</i> 5:30PM-6:30PM (Martial Arts) <i>Grace M.</i>			

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Les Mills THRIVE Community Room				8:35AM-9:20AM (Strength) <i>Jennifer Y.</i>			1:15PM-2:00PM (Strength) <i>Gail M.</i>
AOA Circuit Community Room				9:30AM-10:20AM (Active Older Adults) <i>Jennifer Y.</i>	8:30AM-9:20AM (Active Older Adults) <i>LaRae S.</i>		
Step/Strength Fusion Studio 1				9:40AM-10:30AM (Circuit Training) <i>Emily C.</i>	4:30PM-5:25PM (Circuit Training) <i>Beth P.</i>		
Les Mills DANCE Basketball Gym				9:40AM-10:25AM (Dance) <i>Annika F.</i>			
Les Mills CORE Studio 2				10:45AM-11:15AM (Strength) <i>Pamela W.</i>			2:20PM-2:50PM (Strength) <i>Melanie K.</i>
Total Strength Full Body Studio 1				10:45AM-11:40AM (Strength) <i>Brierra M.</i>	6:00AM-6:45AM (Strength) <i>Renata S.</i>		1:05PM-2:00PM (Strength) <i>Renata S.</i>
Adult Swim Only - 3 Lanes Lap Pool				11:00AM-5:00PM (Lap Pools)			
Centering Practice Community Room				11:30AM-12:00PM (Mind/Body) <i>Regina F.</i>			
Tai Chi Studio 2				11:40AM-12:40PM (Martial Arts) <i>Chauncey Y.</i>			
Vinyasa Yoga Studio 2				4:15PM-5:15PM (Mind/Body) <i>Jennifer J.</i>	5:35PM-6:30PM (Mind/Body) <i>Bridget T.</i>		
Lap Swim - 1 Lane Lap Pool				5:00PM-6:30PM (Lap Pools)			
Zumba Studio 1				5:30PM-6:20PM (Dance) <i>Amber J.</i>			
Open Swim - 3 Lanes Lap Pool				6:30PM-8:00PM (Lap Pools)			
Open Volleyball - 14 & up Basketball Gym				6:40PM-8:50PM (Gym)			
BODYATTACK Basketball Gym					8:30AM-9:25AM (Cardio) <i>Jennifer Y.</i>	8:30AM-9:25AM (Cardio) <i>Amy C.</i>	

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Les Mills CORE Studio 1					9:05AM-9:25AM (Strength) <i>Pamela W.</i> 6:35PM-7:05PM (Strength) <i>Melanie K.</i>		
Les Mills PILATES Basketball Gym					10:30AM-11:15AM (Mind/Body) <i>Annika F.</i>		
Basketball - Full Court Basketball Gym					7:00PM-9:00PM (Gym)		
Open Swim (Lanes May Vary) Rec Pool						7:00AM-5:00PM (Lap Pools)	12:00PM-5:00PM (Lap Pools)
Line Dancing Community Room						8:30AM-9:25AM (Dance) <i>Sue H.</i>	
Kickboxing Studio 1							12:05PM-12:50PM (Martial Arts) <i>Sheyn L.</i>
Yin Yoga Studio 2							3:00PM-4:15PM (Mind/Body) <i>Christy F.</i>