



## Downtown | June 16th - June 22nd

|   | Monday | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   | Sunday   |
|---|--------|--|---|---|--|--|--|
| <b>Basketball - Full Court</b><br>Gym                           |        | 5:00AM-9:00AM<br>(Gym)<br><br>11:00AM-2:00PM<br>(Gym)<br><br>5:00PM-8:00PM<br>(Gym)                                | 5:00AM-9:00AM<br>(Gym)<br><br>11:00AM-2:00PM<br>(Gym)<br><br>5:00PM-8:00PM<br>(Gym) | 5:00AM-9:00AM<br>(Gym)<br><br>11:00AM-2:00PM<br>(Gym)   | 5:00AM-9:00AM<br>(Gym)<br><br>11:00AM-2:00PM<br>(Gym)<br><br>5:00PM-8:00PM<br>(Gym)                                | 7:00AM-12:00PM<br>(Gym)  |  |
| <b>Downtown Strength &amp; Conditioning Circuit</b><br>Studio D |        | 5:10AM-5:55AM<br>(Circuit Training)<br><i>Shay C.</i><br><br>6:15AM-7:00AM<br>(Circuit Training)<br><i>Shay C.</i> |   | 5:10AM-5:55AM<br>(Circuit Training)<br><i>Shay C.</i><br><br>6:15AM-7:00AM<br>(Circuit Training)<br><i>Shay C.</i><br><br>5:45PM-6:30PM<br>(Circuit Training)<br><i>Renata S.</i> | 5:10AM-5:55AM<br>(Circuit Training)<br><i>Shay C.</i><br><br>6:15AM-7:00AM<br>(Circuit Training)<br><i>Shay C.</i> |  |  |
| <b>20-20-20</b><br>Studio C                                     |        | 6:00AM-7:00AM<br>(Circuit Training)<br><i>Ramona W.</i>  |   |   |  |  |  |
| <b>Yoga</b><br>Studio A   |        | 7:00AM-8:00AM<br>(Mind & Body)<br><i>Kathy S.</i>  |   |   |  |  |  |
| <b>Les Mills CORE</b><br>Studio C - Virtual                     |        | 7:00AM-7:30AM<br>(Strength)<br><i>Virtual I.</i><br><br>4:45PM-5:15PM<br>(Strength)<br><i>Virtual I.</i>           |   | 4:45PM-5:15PM<br>(Strength)<br><i>Virtual I.</i>  | 7:00AM-7:30AM<br>(Strength)<br><i>Virtual I.</i>   |  |  |
| <b>BODYPUMP</b><br>Studio C - Virtual                           |        | 8:00AM-9:00AM<br>(Strength)<br><i>Virtual I.</i>   | 8:00AM-9:00AM<br>(Strength)<br><i>Virtual I.</i>                                    | 8:00AM-9:00AM<br>(Strength)<br><i>Virtual I.</i><br><br>5:30PM-5:45PM<br>(Strength)<br><i>Virtual I.</i><br><br>6:00PM-6:20PM<br>(Strength)<br><i>Virtual I.</i>                  | 8:00AM-8:45AM<br>(Strength)<br><i>Virtual I.</i>   | 7:30AM-8:15AM<br>(Strength)<br><i>Virtual I.</i><br><br>10:15AM-11:00AM<br>(Strength)<br><i>Virtual I.</i><br><br>3:30PM-4:30PM<br>(Strength)<br><i>Virtual I.</i> | 1:00PM-1:45PM<br>(Strength)<br><i>Virtual I.</i> |

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|---|--------|---|--|---|--|--|--|
| <b>Basketball - Half Court</b><br>Gym       |        | 9:00AM-11:00AM<br>(Gym)<br><br>2:00PM-5:00PM<br>(Gym)<br><br>8:00PM-9:00PM<br>(Gym) | 2:00PM-5:00PM<br>(Gym)<br><br>8:00PM-9:00PM<br>(Gym)   | 9:00AM-11:00AM<br>(Gym)<br><br>2:00PM-5:00PM<br>(Gym)<br><br>8:00PM-9:00PM<br>(Gym)                     | 2:00PM-5:00PM<br>(Gym)<br><br>8:00PM-9:00PM<br>(Gym)   | 12:00PM-5:00PM<br>(Gym)                            | 10:00AM-3:00PM<br>(Gym)                                |
| <b>AOA Cardio</b><br>Studio B               |        | 9:00AM-9:45AM<br>(Active Older Adults)<br><i>Alberto M.</i>                         |  |   |  |  |  |
| <b>AOA Yoga</b><br>Studio B                 |        | 10:00AM-10:45AM<br>(Active Older Adults)<br><i>Alberto M.</i>                       | 9:00AM-9:45AM<br>(Active Older Adults)<br><i>Alberto M.</i>  | 10:00AM-10:45AM<br>(Active Older Adults)<br><i>Alberto M.</i>   |  |  |  |
| <b>Indoor Cycling</b><br>Studio C           |        | 11:30AM-12:00PM<br>(Cycling)<br><i>Stephanie C.</i>                                 |  | 5:30AM-6:30AM<br>(Cycling)<br><i>Jeff G.</i><br><br>11:30AM-12:30PM<br>(Cycling)<br><i>Stephanie C.</i> | 5:45AM-6:45AM<br>(Cycling)<br><i>Gina E.</i>   | 8:45AM-9:45AM<br>(Cycling)<br><i>Gina E.</i>       | 10:30AM-11:30AM<br>(Cycling)<br><i>Joy P.</i>          |
| <b>Advanced Vinyasa Yoga</b><br>Studio A    |        | 12:15PM-1:00PM<br>(Mind & Body)<br><i>Danny W.</i>                                  |  |   | 11:00AM-11:45AM<br>(Mind & Body)<br><i>Danny W.</i>  |  |  |
| <b>Les Mills SPRINT</b><br>Studio C         |        | 12:15PM-12:45PM<br>(Cycling)<br><i>Alvaro M.</i>                                    | 11:30AM-12:00PM<br>(Cycling)<br><i>Gina E.</i>   |   |  |  |  |
| <b>Total Strength Full Body</b><br>Studio B |        | 5:00PM-5:45PM<br>(Strength)<br><i>Audrey D.</i>                                     | 11:15AM-12:00PM<br>(Strength)<br><i>Kelly M.</i>   |   | 6:00AM-7:00AM<br>(Strength)<br><i>John M.</i><br><br>11:00AM-11:45AM<br>(Strength)<br><i>Ramona W.</i> | 9:00AM-10:00AM<br>(Strength)<br><i>Patricia T.</i> | 10:20AM-11:05AM<br>(Strength)<br><i>Tim T.</i>         |
| <b>Cycle Blast</b><br>Studio C              |        | 5:30PM-6:30PM<br>(Cycling)<br><i>Tonya H.</i>                                       |  |   |  |  |  |
| <b>BARRE</b><br>Studio A                    |        | 6:30PM-7:30PM<br>(Strength)<br><i>Rebecca M.</i>                                    | 11:00AM-12:00PM<br>(Strength)<br><i>Madison S.</i><br><br>4:45PM-5:45PM<br>(Strength)<br><i>Rebecca M.</i> | 5:45AM-6:30AM<br>(Strength)<br><i>Janelle M.</i>  |  |  |  |
| <b>BODYCOMBAT</b><br>Studio C - Virtual     |        | 7:00PM-7:30PM<br>(Martial Arts)<br><i>Virtual I.</i>                                |  | 7:00PM-7:30PM<br>(Martial Arts)<br><i>Virtual I.</i>  |  |  | 12:00PM-12:30PM<br>(Martial Arts)<br><i>Virtual I.</i> |

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|---|--------|---------|---|--|--|---|---|
| <b>Mat Pilates</b><br>Studio A                          |        |         | 6:00AM-6:45AM<br>(Mind & Body)<br><i>Janelle M.</i>   | 12:00PM-12:45PM<br>(Mind & Body)<br><i>Andrew K.</i>     | 12:00PM-12:45PM<br>(Mind & Body)<br><i>Knoxie K.</i> | 10:15AM-11:15AM<br>(Mind & Body)<br><i>Kim W.</i>     |   |
| <b>Plates &amp; Weights</b><br>Studio B                 |        |         | 6:15AM-7:15AM<br>(Strength)<br><i>Alberto M.</i>  |  |  |   |   |
| <b>BODYBALANCE</b><br>Studio C - Virtual                |        |         | 6:30AM-7:00AM<br>(Mind & Body)<br><i>Virtual I.</i>   |  |  | 11:20AM-11:50AM<br>(Mind & Body)<br><i>Virtual I.</i> | 3:15PM-3:35PM<br>(Mind & Body)<br><i>Virtual I.</i> |
| <b>Yoga</b><br>Rooftop                                  |        |         | 7:00AM-7:45AM<br>(Mind & Body)<br><i>Suzie P.</i>   |  | 7:30AM-8:30AM<br>(Mind & Body)<br><i>Suzie P.</i>    |   |   |
| <b>Total Strength Core</b><br>Studio B                  |        |         | 7:15AM-7:45AM<br>(Strength)<br><i>Alberto M.</i>  |  |  |   |   |
| <b>AOA Strength</b><br>Studio B                         |        |         | 8:00AM-8:45AM<br>(Active Older Adults)<br><i>Alberto M.</i>   |  |  |   |   |
| <b>Pickleball</b><br>Gym                                |        |         | 9:00AM-11:00AM<br>(Gym)   | 5:00PM-8:00PM<br>(Gym)                                   | 9:00AM-11:00AM<br>(Gym)                              |   | 3:00PM-5:00PM<br>(Gym)                              |
| <b>Yin Yoga</b><br>Studio A                             |        |         | 12:15PM-1:00PM<br>(Mind & Body)<br><i>Danny W.</i><br><br>6:00PM-7:00PM<br>(Mind & Body)<br><i>Danny W.</i> |  |  |   |   |
| <b>Virtual Les Mills THE TRIP</b><br>Studio C - Virtual |        |         | 4:45PM-5:30PM<br>(Cycling)<br><i>Virtual I.</i>   |  |  |   | 4:00PM-4:45PM<br>(Cycling)<br><i>Virtual I.</i>     |
| <b>Virtual Les Mills SPRINT</b><br>Studio C - Virtual   |        |         | 6:00PM-6:30PM<br>(Cycling)<br><i>Virtual I.</i>   |  | 7:00PM-7:30PM<br>(Cycling)<br><i>Virtual I.</i>      | 12:00PM-12:30PM<br>(Cycling)<br><i>Virtual I.</i>     |   |
| <b>Boot Camp</b><br>Studio B                            |        |         | 6:00PM-6:45PM<br>(Circuit Training)<br><i>Troy C.</i>   |  |  |   |   |
| <b>Les Mills GRIT Cardio</b><br>Studio C - Virtual      |        |         | 7:00PM-7:30PM<br>(Circuit Training)<br><i>Virtual I.</i>  | 6:30AM-7:00AM<br>(Circuit Training)<br><i>Virtual I.</i> |  |   |   |
| <b>BODYPUMP</b><br>Studio B                             |        |         | 7:00PM-7:45PM<br>(Strength)<br><i>Troy C.</i>   | 6:00AM-7:00AM<br>(Strength)<br><i>Jerry M.</i>           | 5:30PM-6:30PM<br>(Strength)<br><i>Rebecca M.</i>     |   |   |
| <b>Vinyasa Yoga</b><br>Rooftop                          |        |         |   | 7:00AM-7:45AM<br>(Mind & Body)<br><i>Danny W.</i>        |  |   |   |

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|--|--------|---------|-----------|---|---|---|---|
| <b>AOA Circuit</b><br>Studio B                       |        |         |           | 9:00AM-9:45AM<br>(Active Older Adults)<br><i>Alberto M.</i> |   |   |   |
| <b>Zumba</b><br>Studio B                             |        |         |           | 11:00AM-12:00PM<br>(Dance)<br><i>Alberto M.</i>             |   |   |   |
| <b>Cycle/Strength Fusion</b><br>Studio C             |        |         |           |   | 11:30AM-12:30PM<br>(Cycling)<br><i>Stephanie C.</i> |   |   |
| <b>BODYATTACK</b><br>Studio C - Virtual              |        |         |           |   | 4:45PM-5:15PM<br>(Cardio)<br><i>Virtual I.</i>      |   |   |
| <b>LES MILLS GRIT Strength</b><br>Studio C - Virtual |        |         |           |   | 5:45PM-6:15PM<br>(Strength)<br><i>Virtual I.</i>    |   |   |
| <b>Ballroom Dance</b><br>Studio A                    |        |         |           |   | 6:00PM-7:00PM<br>(Dance)<br><i>Larry P.</i>         |   |   |
| <b>Iyengar Yoga</b><br>Studio A                      |        |         |           |   |   | 8:30AM-9:45AM<br>(Mind & Body)<br><i>Chris C.</i>     |   |
| <b>Advanced Step</b><br>Studio B                     |        |         |           |   |   | 10:30AM-11:15AM<br>(Cardio)<br><i>Tim T.</i>          | 11:15AM-12:00PM<br>(Cardio)<br><i>Tim T.</i>        |
| <b>Kickboxing</b><br>Studio B                        |        |         |           |   |   | 11:30AM-12:20PM<br>(Martial Arts)<br><i>Renata S.</i> |   |
| <b>Vinyasa Yoga</b><br>Studio A                      |        |         |           |   |   |   | 11:00AM-12:00PM<br>(Mind & Body)<br><i>Emily S.</i> |