



## Bellevue | September 22nd - September 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b> Basketball 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)
<b>Vinyasa Yoga</b> Studio 2				4:15PM-5:15PM (Mind & Body) <i>Jennifer J.</i>	5:35PM-6:30PM (Mind & Body) <i>Bridget T.</i>		
<b>BODYPUMP</b> Studio 1				4:30PM-5:15PM (Strength) <i>Taylor R.</i>  6:35PM-7:35PM (Strength) <i>Laura B.</i>	10:45AM-11:40AM (Strength) <i>Chelsey C.</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>
<b>Open Swim (Full Rec Pool)</b> Rec Pool				5:00PM-8:00PM (Rec Pools)	6:00AM-8:00PM (Rec Pools)	7:00AM-5:00PM (Rec Pools)	12:00PM-5:00PM (Rec Pools)
<b>Group Exercise Class - Gym</b> Basketball Gym				5:20PM-6:40PM (Gym)	8:15AM-11:30AM (Gym)	7:00AM-12:30PM (Gym)	
<b>Zumba</b> Studio 1				5:30PM-6:20PM (Dance) <i>Amber J.</i>	5:40PM-6:25PM (Dance) <i>Melanie C.</i>		
<b>BODYBALANCE</b> Studio 2				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>Allison A.</i>	12:05PM-1:05PM (Mind & Body) <i>Amy C.</i>  4:30PM-5:30PM (Mind & Body) <i>Jennifer Y.</i>
<b>Indoor Cycling</b> Cycling Studio				5:30PM-6:20PM (Cycling) <i>Rosie Z.</i>	8:30AM-9:25AM (Cycling) <i>Kelly A.</i>	8:30AM-9:15AM (Cycling) <i>John C.</i>	
<b>Open Volleyball - 14 &amp; up</b> Basketball Gym				6:40PM-8:50PM (Gym)			

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<b>Les Mills SPRINT</b> Cycling Studio					5:15AM-5:45AM (Cycling) <i>Alvaro M.</i>  9:40AM-10:10AM (Cycling) <i>Anastasia K.</i>	9:40AM-10:10AM (Cycling) <i>Anastasia K.</i>	12:20PM-12:50PM (Cycling) <i>Meredith R.</i>  2:25PM-2:55PM (Cycling) <i>Bond N.</i>
<b>Open Swim (Full Pool)</b> Lap Pool					6:00AM-8:00PM (Lap Pools)	7:00AM-5:00PM (Lap Pools)	12:00PM-5:00PM (Lap Pools)
<b>Pickleball</b> Basketball Gym					6:00AM-8:00AM (Gym)		
<b>H2O Dance</b> Rec Pool					8:05AM-8:50AM (Aquatics) <i>Joanna M.</i>		
<b>BODYATTACK</b> Basketball Gym					8:30AM-9:25AM (Cardio) <i>Jennifer Y.</i>	8:30AM-9:25AM (Cardio) <i>Amy C.</i>	
<b>Full Body Strength</b> Studio 1					8:30AM-9:15AM (Strength) <i>Shannon B.</i>		1:05PM-2:00PM (Strength) <i>Renata S.</i>
<b>H2O Cardio</b> Rec Pool					9:00AM-9:45AM (Aquatics) <i>Joanna M.</i>		
<b>AOA Cardio</b> Community Room					9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>	9:30AM-10:20AM (Active Older Adults) <i>Sue H.</i>	
<b>Dance Blast</b> Studio 1					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>
<b>Les Mills GRIT Series</b> Basketball Gym					9:40AM-10:10AM (Circuit Training) <i>Craig B.</i>	9:40AM-10:10AM (Circuit Training) <i>Heather H.</i>	
<b>AOA Strength</b> Community Room					10:30AM-11:20AM (Active Older Adults) <i>Sue H.</i>	10:30AM-11:20AM (Active Older Adults) <i>Sue H.</i>	
<b>Les Mills PILATES</b> Basketball Gym					10:30AM-11:15AM (Mind & Body) <i>Annika F.</i>		
<b>Les Mills SHAPES</b> Studio 2					10:35AM-11:20AM (Mind & Body) <i>LaRae S.</i>		
<b>AOA Dance</b> Community Room					11:30AM-12:30PM (Active Older Adults) <i>Joanna M.</i>		

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<b>Les Mills THRIVE</b> Studio 1					1:10PM-1:55PM (Strength) <i>Annika F.</i>		
<b>Step/Strength Fusion</b> Studio 1					4:30PM-5:25PM (Circuit Training) <i>Beth P.</i>		
<b>Basic Yoga</b> Studio 2					4:30PM-5:25PM (Mind & Body) <i>Cindy G.</i>		
<b>Basketball - Full Court</b> Basketball Gym					7:00PM-9:00PM (Gym)		
<b>LES MILLS Strength Development (\$)</b> Studio 2						7:15AM-8:00AM (Fee Based Classes) <i>Laura B.</i>	
<b>Open Swim - Shallow End Only</b> Rec Pool						8:00AM-9:00AM (Rec Pools)	
<b>BARRE</b> Studio 2						8:20AM-9:20AM (Mind & Body) <i>Melanie K.</i>	1:15PM-2:10PM (Mind & Body) <i>Melanie K.</i>
<b>Line Dancing</b> Community Room						8:30AM-9:25AM (Dance) <i>Sue H.</i>	
<b>BODYCOMBAT</b> Studio 1						9:30AM-10:30AM (Martial Arts) <i>Grace M.</i>	4:30PM-5:25PM (Martial Arts) <i>Taylor R.</i>
<b>Stretch &amp; Recover</b> Studio 2						9:30AM-10:25AM (Mind & Body) <i>Melanie K.</i>	
<b>Les Mills CORE</b> Basketball Gym						10:20AM-10:50AM (Strength) <i>Bond N.</i>	
<b>Adult Basketball</b> Basketball Gym						12:30PM-2:30PM (Gym)	
<b>Kickboxing</b> Studio 1							12:05PM-12:50PM (Martial Arts) <i>Sheyn L.</i>
<b>Les Mills THRIVE</b> Community Room							1:15PM-2:00PM (Strength) <i>Jennifer Y.</i>
<b>Les Mills CORE</b> Studio 2							2:20PM-2:50PM (Strength) <i>Melanie K.</i>

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Yin Yoga Studio 2							3:00PM-4:15PM (Mind & Body) <i>Christy F.</i>