



AUGUST 2022 SUMMER GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30a-BodyPump 60</u>	<u>5:15a-LM SPRINT</u> <u>5:45a-LM CORE</u>	<u>5:30a-CLUB360</u>	<u>5:15a-Cycle</u>			
	<u>8:30a-LM GRIT Cardio</u>		<u>8:30a LM SPRINT</u>		<u>8:15a-Cycle</u>	
<u>9:00a-AQUA F.I.T.</u>	<u>9:00a-Cycle</u>	<u>9:00a-AQUA F.I.T.</u>	<u>9:00a-LM CORE</u>	<u>9:00a-AQUA F.I.T.</u>	<u>9:00a-BodyPump 60</u>	
<u>9:00a-BodyPump 60</u>		<u>9:00a-H.E.A.T.</u>		<u>9:00a-BodyPump 60</u>		
<u>10:15a-Yoga</u>		<u>10:00a-Barre Fusion</u>		<u>10:15a-Mat Pilates 45</u>		
<u>12:15p-BodyPump 30</u>		<u>12:15p-Yoga</u>		<u>12:15p-BodyPump 30</u>		
<u>4:30p-BodyPump 45</u>		<u>4:30p-BodyPump 45</u>				
<u>5:30p-LM SPRINT</u>	<u>5:30p-BodyPump 60</u>	<u>5:30p-BodyCombat 45</u>				
<u>6:00p-LM CORE</u>						

****For real time daily class offerings, please check the ClubLife app to make your reservation. Class offerings can change based upon instructor availability.****