

Onelife Fitness November 2018

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
5:10 AM		LES MILLS BODYPUMP SUZANNE		LES MILLS BODYPUMP TRACI		8:15 AM	barre one SHAWN	
7:30 AM		LES MILLS BODYATTACK GENESIS		barre one GENESIS		9:20 AM	LES MILLS BODYPUMP TRACI	
8:15 AM			 KIMBERLY		 KIMBERLY	10:25 AM	LES MILLS BODYATTACK SARAH	
8:45 AM	 SHAWN	Guts/Butts SUZANNE	LES MILLS BODYPUMP GENESIS	LES MILLS BODYPUMP GENESIS	 KIMBERLY	11:30 AM	 LAKENDRICK/GIGI	
10:00 AM	LES MILLS BODYPUMP GENESIS	INTERVAL TRAINING KATHERINE	 SHAWN	Full Body Circuit KATHERINE	barre one SHAWN	2:15 PM		LES MILLS BODYPUMP TRACI
11:00 AM	LES MILLS BODYFLOW GENESIS	Full Body Circuit SUSAN	LES MILLS BODYFLOW GENESIS	 SHAWN		4:00 PM		 KIMBERLY
4:30 PM	Guts/Butts SUSAN	INTERVAL TRAINING COURTNEY	Full Body Circuit COURTNEY	LES MILLS BODYATTACK SARAH	INTERVAL TRAINING KATHERINE			
5:30 PM	LES MILLS BODYPUMP LINDA	 KELLIE	 AMI	LES MILLS BODYPUMP LINDA	 GIGI			
6:35 PM	LES MILLS BODYFLOW JILL	LES MILLS BODYPUMP SARAH	LES MILLS BODYPUMP LISA	LES MILLS BODYFLOW LINDA				
7:35 PM	 GIGI	 LAKENDRICK		 LAKENDRICK				

GROUP CYCLE

TIME	MON	TUES	WED	THURS	FRI	TIME	SAT	SUN
5:10 AM	LES MILLS RPM GENESIS		LES MILLS RPM MANDI		LES MILLS RPM GENESIS	8:15 AM	LES MILLS RPM TEAM ROTATION	
8:45 AM		LES MILLS RPM GENESIS						
5:30 PM		LES MILLS RPM BRITTANY/CADY		LES MILLS RPM BRITTANY/CADY				

Club Hours:

Mon - Thurs: 5am - 10pm

Fri: 5am - 9pm

Sat: 8am - 6pm

Sun: 8am - 6pm

Kids Club Hours:

Mon - Thurs: 8am - 1pm & 4pm - 8:30pm

Fri: 8am - 1pm & 4pm - 8:00pm

Sat: 8am - 1pm

Sun: 1pm - 6pm



Schedule is also available on our Onelife Fitness App!

Questions or Comments? Email: ami.denney@onelifefitness.com 770.838.2211