



WINTER SEASON

MONDAY

06:15 SPIN CRAIG 45MIN
06:30 BEACHBOOTCAMP KAT 45MIN
07:00 ASHTANGA YOGA STEPH 60MIN
09:00 STRENGTH&CO LAUREN 60MIN
09:00 AQUA CIRCUITS KAT 45MIN
09:15 LM TRIP VIRTUAL 45MIN
09:30 PLATE-LIT STEVEO 30MIN
10:15 SPIN LAUREN 45MIN
10:15 BODY PUMP KAT 45MIN
11:15 BODY BALANCE BEX 55MIN
12:15 BARRE KAT 45MIN
12:15 COASTCARDIO STEVEO 30MIN
14:15 TRX MILLIE 45MIN
15:15 PILATES JO 60MIN
16:30 CORE LAUREL 30MIN
17:15 SPIN MILLIE 45MIN
17:30 BODY PUMP EMMA 45MIN
18:30 HYBRIDTRAININGLAUREL 45MIN
18:30 LATIN DANCE MILLIE 45MIN
19:30 RECOVER LAUREL45MIN

TUESDAY

06:45 YOGA FLOW RO 60MIN
07:00 LM TRIP VIRTUAL 45MIN
07:00 RUN(STRENGTH) LAUREL 45MIN
08:00 LM SPRINT VIRTUAL45MIN
08:00 PILATES(INTER) REBA 60MIN
09:15 HYBRIDTRAINING MILLIE 45MIN
09:15 PILATES(BEG) REBA 60MIN
09:30 SPIN LAUREL 45MIN
10:30 BODY PUMP MILLIE 55MIN
10:30 CIRCUITS LAUREL 45MIN
10:30 EXPRESS SPIN STEVEO 30MIN
12:00 AQUA BLAST MILLIE 30MIN
13:00 LADIES LIFT LAUREL 45MIN
14:00 YOGA(BEGINNER) BEX 45MIN
17:30 PLATE-LIT AMBER 30MIN
17:30 HYBRIDTRAINING LAUREN 45MIN
18:15 BODY COMBAT KAT 55MIN
18:15 SPIN AMBER 45MIN
19:15 LBT AMBER 45MIN
20:15 YOGA(SLOWFLOW) BETH 60MIN

WEDNESDAY

06:15 SPIN CRAIG 45MIN
07:00 BARRE KAT 45MIN
08:15 TRX(ADVANCED) LAUREL 45MIN
09:00 BEACH YOGA BEX 45MIN
09:10 LM RPM VIRTUAL 50MIN
09:15 BODY COMBAT KAT 55MIN
10:00 LBT LAUREL 45MIN
10:15 LESMILLSDANCE KAT 45MIN
11:15 RESTORATIVEYOGA BEX 60MIN
11:15 GIG CIRCUITS KAT 45MIN
12:00 AQUA BLAST LAUREL 30MIN
13:00 PLATE-LIT LAUREL 30MIN
17:15 HYBRIDTRAINING MILLIE 45MIN
17:15 YOGA FLOW RO 60MIN
18:15 SPIN CRIS 45MIN
18:30 BODY PUMP MILLIE 45MIN
19:30 SPIN MILLIE 45MIN
20:30 YOGA(SLOWFLOW) BETH 60MIN

SATURDAY

07:10 LM RPM VIRTUAL 50MIN
08:00 BODY PUMP KAT 55MIN
08:15 SPIN LA STEVE 45MIN
09:15 BODY COMBAT KAT 45MIN
09:15 SPIN LA STEVE 45MIN
10:15 PILATES JO 60MIN
10:15 SPIN LA STEVE 45MIN
11:20 PILATES JO 60MIN
12:30 BARRE KAT 45MIN
17:30 LM TRIP VIRTUAL 45MIN

SUNDAY

07:45 LM SPRINT VIRTUAL 30MIN
08:30 SPIN CRAIG 45MIN
09:00 BODY PUMP EMMA 55MIN
09:30 CIRCUITS AMBER 45MIN
09:30 SPIN CRAIG 45MIN
10:15 BODY BALANCE EMMA45MIN
10:30 STRENGTH&CON AMBER 60MIN
16:45 LM SPRINT VIRTUAL 30MIN
17:45 BODY BALANCE ELISE 45MIN

THURSDAY

06:15 LM TRIP VIRTUAL 45MIN
07:00 BODY PUMP AMBER 45MIN
08:15 SPIN LAUREN 45MIN
09:00 AQUA FIT AMBER 45MIN
09:00 POWER PILATES SARAH 60MIN
09:15 STRENGTH&CO LAUREN 60MIN
10:15 PLATE-LIT AMBER 30MIN
10:15 SPIN STEVEO 45MIN
11:00 RECOVER LAUREN 45MIN
11:15 HYBRIDTRAINING AMBER 45MIN
12:00 YOGATHERAPEUTIC RUTH 60MIN
13:15 PILATES JO 60MIN
14:15 LM TRIP VIRTUAL 45MIN
14:30 GENTLE FIT MILLIE 45MIN
17:15 LM TRIP VIRTUAL 45MIN
17:15 LBT MILLIE 45MIN
18:15 BODY PUMP EMMA 45MIN
18:15 SPIN MILLIE 45MIN
19:15 BODY BALANCE EMMA 45MIN
20:15 YOGARESTORATIVE LUCIE 60MIN

FRIDAY

07:00 RUN CLUB LAUREL 45MIN
07:00 ASHTANGA YOGA RUTH 60MIN
08:00 BARRE KAT 45MIN
08:15 SPIN CRAIG 45MIN
09:00 AQUA FIT KAT 45MIN
09:15 SPIN CRAIG 45MIN
09:15 BODY PUMP LAUREL 45MIN
10:15 BODY ATTACK KAT 45MIN
10:15 CIRCUITS LAUREL 45MIN
10:15 LM TRIP VIRTUAL 45MIN
11:15 BODY BALANCE KAT 55MIN
12:15 GIG CLUB STEVEO 30MIN
13:00 LADIES LIFT LAUREL45MIN
14:15 GENTLE FIT KAT 45MIN
17:15 SPIN LA STEVE 45MIN
18:15 HYBRIDTRAINING AMBER 45MIN
18:15 SPIN LA STEVE 45MIN
19:15 RECOVER AMBER 45MIN

StMICHAELS
HEALTH
CLUB



-SILENT DISCO STYLE IMMERSIVE OUTDOOR
SESSION

