

# SPECIAL GROUP EX SCHEDULE

## FRIDAY – SATURDAY, OCTOBER 8 – 9

Experience new music, new workouts, and new fun in our ever-popular LES MILLS™ classes. Their newest UNSTOPPABLE releases are among the hottest workout trends and will challenge, inspire, and motivate you. Enjoy your favorite or try something new.

**Register on our app!**

### Friday, October 8

*This schedule replaces the standard Friday schedule.*

*LES MILLS™ classes are in red.*

5:30am	Cycle & Sculpt	RIDE Studio
9:00am	Barre	BALANCE Studio
	Strength & Conditioning	ENERGY Studio
10:00am	<b>BODYFLOW™</b>	BALANCE Studio
	Aqua Zumba®	Outdoor Rec Pool
	Vinyasa Flow	BALANCE Studio
11:00am	U-Jam	ENERGY Studio
12:00pm	<b>THE TRIP™</b>	RIDE Studio
5:00pm	<b>THE TRIP™</b>	RIDE Studio

### Saturday, October 9

*This schedule replaces the standard Saturday schedule.*

*LES MILLS™ classes are in red.*

7:45am	<b>BODYPUMP™</b>	ENERGY Studio
8:00am	Aqua Athletics	Outdoor Rec Pool
9:00am	<b>BODYPUMP™</b>	ENERGY Studio
	<b>THE TRIP™</b>	RIDE Studio
10:00am	<b>BODYCOMBAT™</b>	ENERGY Studio
	Group Cycle	RIDE Studio
12:00pm	<b>THE TRIP™</b>	RIDE Studio

*VillaSport*  
ATHLETIC CLUB AND SPA

