

# 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

### Main Court

*All are LES MILLS™ classes.*

5:15pm	BODYPUMP™
6:00pm	BODYSTEP™
6:45pm	BODYATTACK™
7:15pm	SH'BAM/BODYJAM™

## Saturday, October 9

*This schedule replaces the standard Saturday schedule.*

*All are LES MILLS™ classes.*

7:30am	BODYPUMP™	ENERGY Studio
8:15am	THE TRIP™	RIDE Studio
8:30am	TONE™	ENERGY Studio
9:15am	CORE™	ENERGY Studio
	SPRINT™	RIDE Studio
10:00am	BODYCOMBAT™	ENERGY Studio
10:15am	RPM™	RIDE Studio
11:00am	BODYFLOW™	ENERGY Studio
11:15am	THE TRIP™	RIDE Studio

*VillaSport*  
ATHLETIC CLUB AND SPA

