

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.

5:45am	BODYPUMP™	ENERGY Studio
6:15am	THE TRIP™	RIDE Studio
9:00am	U-Jam	ENERGY Studio
10:00am	Aqua Athletics	Outdoor Pool
10:45am	THE TRIP™	RIDE Studio
5:15pm	THE TRIP™	RIDE Studio
6:00pm	Zumba®	ENERGY Studio

Saturday, October 9

This schedule replaces the standard Saturday schedule.

LES MILLS™ classes are in red.

8:00am	THE TRIP™	RIDE Studio
9:00am	Aqua Athletics	Outdoor Pool
	Zumba®	ENERGY Studio
10:00am	BODYCOMBAT™	ENERGY Studio
	THE TRIP™	RIDE Studio
	Pilates Reformer/Chair	CONNECT Studio
11:00am	BODYFLOW™	BALANCE Studio
	BODYPUMP™	ENERGY Studio
11:15am	Pilates Reformer/Chair	CONNECT Studio
12:00pm	SH'BAM™	ENERGY Studio
2:00pm	Pilates Reformer/Chair	CONNECT Studio

VillaSport
ATHLETIC CLUB AND SPA

