

Platinum Fitness East

STUDIO A

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
6:00 AM		LES MILLS BODYPUMP 60 min - Barbara		LES MILLS BODYPUMP 60 min - Barbara				
8:30 AM	LES MILLS BODYSTEP CLASSIC 60 min - Glenda	PILATES 60 min - Amanova	LES MILLS BODYPUMP 60 min - Julia	PILATES 60 min - Amanova	LES MILLS BODYPUMP 60 min - Nubia&Janae	8:30 AM		LES MILLS BODYCOMBAT 60 min - Teena
9:35 AM	LES MILLS BODYPUMP 60 min - Julia	ZUMBA 60 min - Lynne	ZUMBA 60 min - Guille	POUND 60 min - Elizabeth	LES MILLS BODYSTEP CLASSIC 60 min - Glenda	9:00 AM	LES MILLS BODYSTEP CLASSIC 60 min - Rima	
10:45 AM	Silver Sneakers 60 min - Cindy	Silver Sneakers 60 min - Debbie	Silver Sneakers 60 min - Cindy	Silver Sneakers 60 min - Debbie		9:30 AM		LES MILLS BODYFLOW 60 min - Adrian
5:15 PM	LES MILLS BODYPUMP 45min - Express					10:05 AM	LES MILLS BODYPUMP 60 min - Laura	
5:30 PM		LES MILLS CXWORX 30 min - Janae	LES MILLS BODYPUMP 60 min - Rima	LES MILLS BODYFLOW 60 min - Julia	LES MILLS BODYPUMP 60 min - Sam			
6:05 PM	LES MILLS CXWORX 30 min - Heidi	LES MILLS BODYSTEP CLASSIC 45min - Express				10:30 AM		ZUMBA 60 min - Holly
6:35 PM	LES MILLS BODYCOMBAT 60 min - Teena&Team		LES MILLS BODYCOMBAT 60 min - Stephan	LES MILLS BODYJAM 60 min James&Julie	POUND 60 min - Tiana	11:05 AM	LES MILLS CXWORX 30 min - Janae	
7:35 PM	ZUMBA 60 min - Candice		ZUMBA 60 min - Candice		ZUMBA 60 min - Lisa			

STUDIO B

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
8:20 AM	Advanced Yoga 60 mins - Maria		yoga 60 Mins - Heidi			8:00 AM	yoga 60 Mins - Heidi	
9:30 AM	yoga 60 mins - Maria	yoga 60 mins - Pamela		yoga 60 mins - Heidi	yoga 60 mins - Kelly	9:10 AM	Advanced Yoga 60 mins - Joanne	
5:30 PM		LES MILLS BODYFLOW Dotti/Deneyse	yoga 60 mins - Pamela					

Personal Training Cage

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
						8:30 AM	FITNESS BOOT CAMP	