

# Platinum Fitness East

## STUDIO A

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

## STUDIO B

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

## Personal Training Cage

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
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