

# CLASS SCHEDULE

MON

TUE

WED

THU

FRI

6:15 AM  
LES MILLS  
**sprint**  
30

6:15 AM  
LES MILLS  
**BODYPUMP EXPRESS**  
45

6:15 AM  
LES MILLS  
**BODYPUMP EXPRESS**  
45

6:15 AM  
LES MILLS  
**BODYPUMP + CORE**  
45

6:15 AM  
LES MILLS  
**BODYFLOW**  
45

7:00 AM  
**Functional Fitness**  
30

7:00 AM  
**HEAT**  
30

6:15 AM  
LES MILLS  
**sprint**  
30

6:15 AM  
**Spin for All**  
45

6:45 AM  
**TRAILBLAZERS**  
45

7:30 AM  
**Circuit Training**  
30

7:30 AM  
**Core Strength**  
30

9:15 AM  
LES MILLS  
**BODYPUMP EXPRESS**  
45

9:15 AM  
LES MILLS  
**sprint**  
30

9:15 AM  
LES MILLS  
**BODYPUMP EXPRESS**  
45

9:15 AM  
LES MILLS  
**BODYFLOW**  
55

11:30 AM  
**TRX**  
30

11:30 AM  
**Barre Fitness**  
30

11:30 AM  
**TABATA + Core**  
15

11:30 AM  
**Pilates**  
45

12:15 PM  
**Step 360 Strength + Core**  
45

12:15 PM  
**HIIT / GRIT**  
45

12:15 PM  
**Functional Fitness**  
30

12:15 PM  
**Love Your Legs + Plank It Up**  
45

12:15 PM  
LES MILLS  
**sprint**  
30

12:15 PM  
**Combo Spin**  
45

12:15 PM  
**Combo Spin**  
45

12:10 PM  
**Theme Ride**  
45

12:15 PM  
**Spin for All**  
45

12:15 PM  
**Kettle Bell**  
30

1:15 PM  
**Circuit Training**  
45

1:15 PM  
**Yoga**  
45

1:15 PM  
LES MILLS  
**BODYPUMP EXPRESS**  
45

1:15 PM  
**Circuit Training**  
45

5:30 PM  
**Yoga**  
60

5:30 PM  
**Cardio Dance Party!**  
45

5:30 PM  
**Yoga**  
60

5:30 PM  
LES MILLS  
**BODYPUMP**  
55

5:30 PM  
**Spin for All**  
45

Weekends at Waterfront Wellness

SAT

SUN

9:15 AM  
LES MILLS  
**BODYPUMP**  
55

9:15 AM  
LES MILLS  
**BODYPUMP**  
55

10:30 AM  
**KICKBOXING**  
55

10:15 AM  
LES MILLS  
**sprint**  
30

11:00 AM  
LES MILLS  
**BODYFLOW**  
55



WATERFRONT WELLNESS