

NORTH SHORE GROUP EXERCISE CLASS SCHEDULE

MONDAY

5:45-6:30AM PILATES MAT II
8:15-9:00AM SPIN
8:30-9:30AM LES MILLS BODY PUMP
9:15-10:00AM YOGA SCULPT
9:45-10:45AM LES MILLS BODY COMBAT
5:15-6:00PM LES MILLS BODY ATTACK

TUESDAY

8:15-9:00AM PILATES MAT II
9:15-10:15AM SPIN FUSION
11:45-1:00PM LEVEL 1-2 YOGA
5:45-6:45PM LES MILLS BODY PUMP

WEDNESDAY

8:15-9:00AM SPIN
8:30-9:30AM HIIT & LES MILLS CORE
9:15-10:15AM VINYASA YOGA
9:45-10:30AM LES MILLS BODY PUMP
5:30-6:45PM HATHA YOGA
6:15-6:45PM SPIN EXPRESS

THURSDAY

5:45-6:45AM LES MILLS BODY PUMP
8:30-9:15AM BTS
9:15-10:15AM HOT YOGA
5:30-6:15PM HIIT TO THE BEAT

FRIDAY

5:45-6:45AM SPIN FUSION
8:15-9:00AM SPIN
8:15-9:00AM TONE
9:15-10:15AM VINYASA YOGA

SATURDAY

7:45-8:45AM POWER YOGA
8:15-9:15AM LES MILLS BODY PUMP
9:15-10:15AM POWER YOGA

SUNDAY

9:00-10:00AM LES MILLS BODY PUMP
9:15-10:30AM HATHA YOGA
10:15-11:15AM LES MILLS BODY COMBAT

**PLEASE MAKE YOUR CLASS RESERVATION
IN THE MEMBER APP**

SCHEDULE IS SUBJECT TO CHANGE, PLEASE CHECK THE MEMBER APP FOR THE MOST UP-TO-DATE INFORMATION.

