

MEMORIAL  
**City/Club** Virtual Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BODYFLOW</b> 11am - 11:45am	<b>BODYPUMP</b> 11am - 11:45am	<b>BODYFLOW</b> 11am - 11:45am	<b>BODYPUMP</b> 11am - 11:45am	
<b>BODYPUMP</b> 12pm - 1pm	<b>RPM</b> 12pm - 1pm	<b>GRIT</b> 12pm - 1pm	<b>RPM</b> 12pm - 1pm	<b>BODYPUMP</b> 12pm - 1pm
<i>NOT AVAILABLE</i> 5pm - 7pm			<i>NOT AVAILABLE</i> 5pm - 7pm	

**LES MILLS ONDEMAND**

When group classes are not scheduled, use the ipad to turn on your favorite class!