

ISSAQUAH GX/CYCLE SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	LES MILLS GRIT Amy	LES MILLS RPM Peter	LES MILLS BODYPUMP James	LES MILLS Sprint Karen			
8:30 AM						LES MILLS RPM Shelly	LES MILLS RPM Matt
8:30 AM						LES MILLS BODYPUMP James	LES MILLS GRIT 8:45 Marrie
9:00 AM				Aqua Aerobics Karen			
9:30 AM		LES MILLS RPM Dana		LES MILLS RPM Tricia			
9:30 AM	LES MILLS BODYPUMP Emma	LES MILLS BODYCOMBAT Jenn	LES MILLS BODYPUMP Susie		LES MILLS BODYPUMP Susie	LES MILLS BODYCOMBAT Marrie	LES MILLS BODYATTACK Winston
10:30 AM		LES MILLS CORE 30 min VIRTUAL		LES MILLS CORE 30 min VIRTUAL		ZUMBA FITNESS Rachel	
11:30 AM						LES MILLS BODYJAM Tanya/Rachel	
12:00 PM	ZUMBA FITNESS Rachel		ZUMBA FITNESS Rachel		ZUMBA FITNESS Shanyn		
5:30 PM	LES MILLS BODYCOMBAT Trina	LES MILLS GRIT Marrie		LES MILLS GRIT Coleen/Angela			
6:00 PM	LES MILLS RPM Monica			LES MILLS BODYATTACK Katy			
6:30 PM	LES MILLS BODYPUMP Leslie		LES MILLS BODYPUMP Jennifer				
7:00 PM				LES MILLS BODYJAM Tanya			

ISSAQUAH MIND/BODY SCHEDULE

6:30 AM		HOT Yoga Corrine ***New Time		HOT Yoga Ed **New Class			
8:30 AM						HOT Yoga Ed	
9:30 AM		LES MILLS BODYBALANCE Emma		LES MILLS BODYBALANCE Rachel/Susie			
10:00 AM							HOT Yoga Jeff
10:30 AM	YOGA Renee		HOT Yoga Nicole				
5:00 PM							RESTORATIVE YOGA Nicole/Renee
6:00 PM				WARM YOGA Nicole - 70 min			
6:30 PM		HOT Yoga Masha					