



Live & Virtual Class Schedule

Effective **Tues. 10/25– Wed. 11/23/22**

Mon	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun
5:20am Spin MC -45 mins.	5:30am BP Mini Virtual -30 mins.	5:20am Spin MC -45 mins.	5:20am BP Express MC -45 mins.	5:20am Sprint Virtual -30 mins.		
6:10am Les Mills Core MC - 30 mins.	6:00am Les Mills Core Virtual - 45 mins.	6:10am Les Mills Core MC - 30 mins	6:10am Les Mills Core MC - 30 mins	6:00am BodyPump Sue - 60 mins.	7:30am BP Express Virtual 45 mins.	
8:15am Sprint Virtual 30 mins.	7:15am The Trip Virtual 45 mins.	7:15am Sprint Virtual 30 mins.	7:15am The Trip Virtual 45 mins.	7:05am Les Mills Core Virtual 30mins.	9:00am Yoga Aga -60 mins	9:00am BodyPump Lynn 60 mins.
NEW! 9:00am BodyPump 60 mins Sheldon	8:00am Les Mills Barre Virtual 30 mins	8:00am BodyCombat Virtual 30 mins.	8:00am Les Mills Barre Virtual 30 mins	7:15am Sprint Virtual 30 mins	9:00am Aqua Fit Inst. Varies 45min	
9:00am Aqua Fit JoAnn- 45mins	8:05am Sprint Virtual 30 mins.	9:00am Aqua Fit JoAnn - 45 mins	9:00am Aqua Fit JoAnn - 45 mins	9:00am Aqua Fit JoAnn - 45 mins	9:15am BodyPump Georgia -60 min	10:05am Les Mills Core Lynn 30 mins.
10:15am BodyBalance Virtual Yoga 20mins.	9:00am W/T/S JoAnn 45 mins. NEW! 9:15am Yoga Aga - 60 mins	9:00am PowerHour 30 mins Strength & 30 mins LesMills CORE Georgia	NEW! 9:00am PowerHourPlus 45 mins BodyPump & 30 mins LesMills CORE Virtual	9:15am Metabolic Interval Training Myleen 45 mins.	9:30am Spin Sally 45 mins.	10:15am RPM Virtual 50min
10:30am Spin Denise 45 mins	10:30am Aqua Fit Sophia 45 mins	New Time 9:50am LoCardio/Tone JoAnn 45 mins.	NEW! 9:15am Yoga Aga 60 mins		10:20am LesMills Core Georgia 30 min	11:00am BP Express Virtual 45 mins
11:30am Les Mills Core Virtual -30 mins.	10:30am Powersculpt Sue K. 45 mins.	10:30am Spin Denise 45 mins.	10:30am Aqua Fit Julie 55 mins	10:30am Spin Denise 45 mins.	11:00am BP Express Virtual 45 mins.	11:45am Les Mills Core Virtual 30 mins.
12:15pm BP Express Virtual - 45 mins.	10:30am RPM Virtual 50 mins.	11:30am Les Mills Core Virtual 30 mins.	10:45am Powersculpt Sue K. 45 mins.	11:30am LesMills Core Virtual 30 mins	11:50am LesMills Core Virtual 30 mins	12:30pm LesMills Sh'Bam Virtual 30 mins
3:30pm BP Mini Virtual 30 mins	11:30am LesMills Core Virtual 30 mins.	NEW! 12:15pm BodyPump Sheldon 60 mins	11:45am Les Mills Core Virtual 30 mins.	12:00pm BodyBalance Virtual Yoga 20mins		
4:00pm BodyBalance Virtual Yoga 20 mins	3:30pm BodyCombat Virtual 30 mins	2:00pm LesMills Core Virtual 45 mins	3:30pm BodyBalance Virtual Yoga 20mins.	2:00pm BP Express Virtual 45 mins	1:00pm RPM Virtual 50 mins	12:30pm The TRIP Virtual 45 mins.
5:15pm Spin Ron 45 mins.	5:15pm BodyPump Sue 60 mins.	5:30pm Spin Ron/Tony/Lynn 45 mins.	4:45pm Les Mills Core Virtual 30 mins.	4:15pm RPM Virtual 30 mins	1:15pm BodyBalance Virtual Yoga 20	1:15pm BodyBalance Virtual Yoga 20
6:00pm BP Express Virtual 45 mins	5:30pm RPM Virtual 50 min	5:30pm BP Express Virtual 45 mins	5:30pm Sprint Virtual 30mins.	5:00pm BodyPump Virtual 60 mins		
6:30pm Yoga Sue C. 50 mins. (No class 10/31)	6:30pm Yoga Lauren 50 mins.	6:30pm Gentle Yoga Laura B. 50 mins	NEW! 5:30pm BodyPump Sheldon 60 mins	5:30pm Yoga Jola 50 mins.	Special Thanksgiving Schedule 11/24-11/27 posted soon!	
6:50pm Les Mills Core Virtual 30 mins.	6:30pm Aqua Fit Kathi D. 50 mins	6:30pm Sprint Virtual 30 mins.	NEW! 6:30pm Yoga Lauren 50 mins	6:00pm Sprint Virtual 30min		
7:00pm RPM Virtual 30min	6:45pm W/T/S JoAnn 45 mins	7:00pm BP Mini Virtual 30 mins.	6:30pm RPM Virtual 30 mins.	6:15pm BodyPump Virtual 60 mins		

Live & Virtual Workout Policies & Procedures:

All classes are first-come, first-served for space/bike placement.

Studios will be open approximately 15 mins prior to class.

Please do not save spots for friends/family that have not arrived to the club.

You may enter the pool prior to aqua classes once the lanes are pulled out.

Please keep ample spacing at all times.

Due to the continuous fluid situation, changes to the schedule may occur. Please do not enter the club and/or any classes if you are not feeling well.

All equipment should be cleaned before use and is mandated to be cleaned by the participant after each use and put back accordingly.

For the safety of everyone...

No late entry into any class, at any time.

Virtual classes are available only while participating in-club and in the designated studio.

Classes are projected onto a large screen automatically at designated times with top Les Mills International Presenters.

(Please note: Substitutions/Cancellations may occur due to unforeseen emergencies.)

Please exit studios promptly after cleaning your equipment.

Limited exercise mats/yoga blocks/yoga straps/bands/balls are now available in studios.

Please clean all equipment/mat before & after each use.

You may bring your own mat, towel, & water bottle.

Any violations to the policies and procedures may result in suspension or termination of class participation and/or membership.

RHF Management Team