

ENJOY OUR TRAINING CENTER!

Specialty Training // September–December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am–6:15am Les Mills GRIT	5:30am–6:30am Les Mills GRIT	5:15am–6:15am Les Mills GRIT	5:30am–6:30am Les Mills GRIT		
					8:00am–9:15am Boxing For Fitness and Self-Defense
8:15am–9:15am Les Mills GRIT		8:15am–9:15am Les Mills GRIT		8:30am–9:15am Fierce and Fit	
9:15am–10:15am Level Up Intermediate Boot Camp	9:15am–10:15am Les Mills GRIT	9:15am–10:15am Level Up Intermediate Boot Camp	9:15am–10:15am Les Mills GRIT	9:30am–10:30am OVERDRIVE Add On	9:15am–10:15am Les Mills GRIT
10:30–11:30am LifeStyle360 Alumni	10:30–11:30am Boot Camp for Beginners	10:30–11:30am LifeStyle360 Alumni	10:30–11:30am Boot Camp for Beginners	10:30–11:30am LifeStyle360 Alumni	
12:00pm–12:45pm Osteo Density	1:30–3:30pm LIVESTRONG® at the YMCA	12:00pm–12:45pm Osteo Density	1:30–3:30pm LIVESTRONG® at the YMCA	11:45am–12:45pm Bootcamp for Beginners	
1:00pm–1:45pm Osteo Density		1:00pm–2:00pm LifeStyle360		1:00pm–1:45pm Osteo Density	
1:00pm–2:00pm LifeStyle360				1:00pm–2:00pm LifeStyle360	
5:45pm–6:45pm Les Mills GRIT	6:00pm–6:45pm CROSSTRAIN for Youth	5:45pm–6:45pm Les Mills GRIT	6:00pm–6:45pm CROSSTRAIN for Youth		
	6:45pm–8:15pm Creating Change		6:45pm–8:15pm Creating Change		

*Times and dates are subject to change.

