

GROUP FITNESS CLASSES

EFFECTIVE 11.1.23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Virtual Bodypump 5:30am - 6:15am Blend Studio	Virtual Bodybalance 5:30am - 6:15am Blend Studio	Virtual Bodypump 5:30am - 6:15am Blend Studio	Virtual Bodybalance 5:30am - 6:15am Blend Studio	Virtual Bodyattack 5:30am - 6:15am Blend Studio	Virtual Bodyattack 7:15am - 8:00am Blend Studio	Virtual Bodyattack 7:15am - 8:00am Blend Studio
Virtual Barre 6:30am - 7:15am Blend Studio	Virtual Bodyattack 6:30am - 7:30am Blend Studio	Virtual Barre 6:30am - 7:15am Blend Studio	Virtual Bodyattack 6:30am - 7:30am Blend Studio	Live Indoor Cycling 5:45am - 6:30am Ride Studio	Live Power Yoga I 8:30am - 9:30am Blend Studio	Live Indoor Cycling 8:00am - 8:45am Ride Studio
Virtual Core 7:30am - 8:15am Blend Studio	Virtual Barre 8:15am - 8:45am Blend Studio	Virtual Core 7:30am - 8:15am Blend Studio	Virtual Barre 8:15am - 8:45am Blend Studio	Virtual Barre 6:30am - 7:15am Blend Studio	Live Indoor Cycling 9:30am - 10:15am Ride Studio	Live Power Yoga II 9:00am - 10:00am New Motion Studio
Virtual Bodypump 8:30am - 9:30am Blend Studio	Live Band-A-Bells 9:15am - 10:15am Blend Studio	Virtual Bodypump 8:30am - 9:30am Blend Studio	Live Band-A-Bells 9:15am - 10:15am Blend Studio	Virtual Sh'Bam 7:30am - 8:15am Blend Studio	Live Bodypump 10:00am - 11:00am Blend Studio	Live Bodycombat 10:00am - 11:00am Blend Studio
Live Gentle Flow Yoga 9:30am - 10:30am New Motion Studio	Virtual Bodycombat 10:30am - 11:30am Blend Studio	Live Indoor Cycling 9:30am - 10:30am Ride Studio	Virtual Sh'Bam 10:30am - 11:30am Blend Studio	Virtual Bodypump 8:30am - 9:30am Blend Studio	Virtual Bodycombat 11:30am - 12:30pm Blend Studio	Virtual Bodypump 11:15am - 12:15pm Blend Studio
Virtual Bodypump 10:45am - 11:30am Blend Studio	Live Silver Sneakers 12:00pm - 1:00pm Blend Studio	Live Vinyasa Yoga I 9:30am - 10:30am New Motion Studio	Live Silver Sneakers 12:00pm - 1:00pm Blend Studio	Live Vinyasa Yoga II 9:30am - 10:30am New Motion Studio	Virtual Core 1:00pm - 1:45pm Blend Studio	Virtual Bodyattack 12:30pm - 1:30pm Blend Studio
Live Silver Sneakers 12:30pm - 1:30pm Blend Studio	Virtual Bodypump 1:30pm - 2:30pm Blend Studio	Virtual Bodypump 10:45am - 11:30am Blend Studio	Virtual Bodypump 1:30pm - 2:30pm Blend Studio	Virtual Sh'Bam 10:30am - 11:15am Blend Studio	Virtual Sh'Bam 3:00pm - 3:45pm Blend Studio	Virtual Barre 2:00pm - 2:30pm Blend Studio
Virtual Core 2:00pm - 2:45pm Blend Studio	Virtual Bodyattack 3:00pm - 3:45pm Blend Studio	Live Silver Sneakers 12:30pm - 1:30pm Blend Studio	Virtual Barre 2:45pm - 3:15pm Blend Studio	Virtual Bodyattack 11:30am - 12:30pm Blend Studio		Virtual Sh'Bam 3:00pm - 3:45pm Blend Studio
Virtual Barre 3:15pm - 3:45pm Blend Studio	Virtual Sh'Bam 4:00pm - 4:45pm Blend Studio	Virtual Core 2:00pm - 2:45pm Blend Studio	Virtual Bodyattack 3:30pm - 4:15pm Blend Studio	Virtual Core 1:30pm - 2:15pm Blend Studio		
Virtual Sh'Bam 4:00pm - 5:00pm Blend Studio	Live Indoor Cycling 5:30pm - 6:30pm Ride Studio	Virtual Barre 3:15pm - 3:45pm Blend Studio	Virtual Bodycombat 4:45pm - 5:45pm Blend Studio	Virtual Sh'Bam 2:30pm - 3:15pm Blend Studio		
Live Bodycombat 5:30pm - 6:15pm Blend Studio		Virtual Sh'Bam 4:00pm - 5:00pm Blend Studio	Virtual Bodypump 6:00pm - 7:00pm Blend Studio	Virtual Barre 3:30pm - 4:00pm Blend Studio		
Live Bodypump 6:30pm - 7:15pm Blend Studio		Live Bodycombat 5:30pm - 6:15pm Blend Studio		Virtual Bodycombat 4:15pm - 5:15pm Blend Studio		
		Live Bodypump 6:30pm - 7:15pm Blend Studio		Virtual Bodypump 5:30pm - 6:30pm Blend Studio		

Live Classes

BAND-A-BELLS The ultimate total body class that mixes resistance bands and lightweight dumbbells through a combination of both full range of motion & pulsatile movements.

VINYASA YOGA I & II An approach to yoga in which you move from one pose directly into the next. There's a flow to a Vinyasa yoga session, though the specific poses.

GENTLE FLOW YOGA In Gentle Flow you'll be guided through postures in the Vinyasa Style, beginning with the basic poses, while allowing for more challenging poses.

POWER YOGA Power yoga is a more dynamic version of traditional yoga. It is faster, more intense and the focus is more on building strength and less on meditation or chanting.

INDOOR CYCLING A full-body cycling workout featuring high-intensity cardio along with body sculpting, and upper body strength training choreographed to music.

SILVER SNEAKERS A program encouraging older adults to participate in physical activities that will help them with maintaining greater control of their health.

BODYCOMBAT A high-energy martial arts-inspired workout that is totally non-contact learning moves from Karate, Taekwondo, and more. Punch and kick your way to fitness!

BODYPUMP A fast-paced, barbell based workout that's specifically designed to help you get lean, toned, and fit. Using a combination of motivating music & fantastic instructors!

LIVE CLASSES REQUIRE RESERVATION ON THE GREATER BAY APP

Les Mills Virtual Classes

BODYBALANCE Yoga-based workout with elements of Tai Chi and Pilates set to music, improving your mind, body, and life.

BODYCOMBAT A non-contact martial-arts inspired workout, to punch and kick your way to fitness.

BODYPUMP The ultimate barbell workout for everyone, using light to moderate weights with lots of repetition for a total body workout that burns, strengthens, & tones.

SH'BAM A fun-loving, insanely addictive dance workout, where an instructor guides you through simple, sassy dance moves set to a playlist.

BARRE A modern version of classic balletic training designed to shape and tone postural muscles, build core strength, allowing you to escape the everyday.

BODYATTACK High-energy fitness class with a combination of both athletic movements and strength exercises.

CORE Exercise the muscles around your core, the vital ingredient for a stronger body and improved posture.

Cycling SPRINT A high intensity training on a bike. It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits.

Cycling RPM A group indoor cycling workout where you control the intensity. Low impact, and you can burn plenty of calories in the 30 or 50 minute sessions.

VIRTUAL INDOOR CYCLING CLASSES

EFFECTIVE 11.1.23

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
RPM 5:00am - 5:30am	Sprint 5:00am - 5:30am	RPM 5:00am - 5:30am	Sprint 5:00am - 5:30am	RPM 5:00am - 5:30am	RPM 7:30am - 8:20am	RPM 9:15am - 9:45am
Sprint 5:45am - 6:15am	RPM 5:45am - 6:15am	Sprint 5:45am - 6:15am	RPM 5:45am - 6:15am	RPM 7:30am - 8:20am	Sprint 10:45am - 11:15am	Sprint 10:00am - 10:30am
RPM 6:30AM - 7:20AM	RPM 6:30am - 7:20am	RPM 6:30am - 7:20am	RPM 6:30am - 7:20am	RPM 8:30am - 9:20am	RPM 11:30am - 12:00pm	Sprint 10:45am - 11:15am
RPM 7:30am - 8:20am	RPM 7:30am - 8:20am	RPM 7:30am - 8:20am	RPM 7:30am - 8:20am	Sprint 9:30am - 10:00am	RPM 12:15pm - 1:05pm	RPM 11:30am - 12:00pm
RPM 10:15am - 10:45am	RPM 8:30am - 9:20am	RPM 8:30am - 9:20am	RPM 8:30am - 9:20am	RPM 10:15am - 10:45am	RPM 1:30pm - 2:00pm	RPM 12:15pm - 1:05pm
Sprint 11:00am - 11:30am	RPM 9:30am - 10:00am	Sprint 11:00am - 11:30am	RPM 9:30am - 10:00am	Sprint 11:00am - 11:30am	Sprint 2:15pm - 2:45pm	Sprint 1:30pm - 2:00pm
RPM 11:45am - 12:35pm	Sprint 10:15am - 10:45am	RPM 11:45am - 12:35pm	Sprint 10:15am - 10:45am	RPM 11:45am - 12:35pm	RPM 3:00pm - 3:50pm	RPM 2:15pm - 2:45pm
Sprint 12:45pm - 1:15pm	RPM 11:00am - 11:30am	Sprint 12:45pm - 1:15pm	RPM 11:00am - 11:30am	Sprint 12:45pm - 1:15pm	RPM 4:00pm - 4:50pm	RPM 3:00pm - 3:50pm
RPM 1:30pm - 2:00pm	RPM 11:45am - 12:35pm	RPM 1:30pm - 2:00pm	RPM 11:45am - 12:35pm	RPM 1:30pm - 2:00pm	Sprint 5:00pm - 5:30pm	RPM 4:00pm - 4:50pm
RPM 2:15pm - 3:05pm	RPM 12:45pm - 1:15pm	RPM 2:15pm - 3:05pm	RPM 12:45pm - 1:15pm	RPM 2:15pm - 3:05pm		Sprint 5:00pm - 5:30pm
RPM 3:30pm - 4:20pm	Sprint 1:30pm - 2:00pm	RPM 3:30pm - 4:20pm	Sprint 1:30pm - 2:00pm	RPM 3:30pm - 4:20pm		
RPM 4:30pm - 5:20pm	RPM 2:15pm - 3:05pm	RPM 4:30pm - 5:20pm	RPM 2:15pm - 3:05pm	RPM 4:30pm - 5:20pm		
Sprint 5:30pm - 6:00pm	RPM 3:30pm - 4:20pm	Sprint 5:30pm - 6:00pm	RPM 3:30pm - 4:20pm	Sprint 5:30pm - 6:00pm		
RPM 6:15pm - 7:05pm	RPM 4:30pm - 5:20pm	RPM 6:15pm - 7:05pm	RPM 4:30pm - 5:20pm	RPM 6:15pm - 7:05pm		
Sprint 7:15pm - 7:45pm	Sprint 7:15pm - 7:45pm	Sprint 7:15pm - 7:45pm	Sprint 5:30pm - 6:00pm	Sprint 7:15pm - 7:45pm		
Sprint 8:00pm - 8:30pm	Sprint 8:00pm - 8:30pm	Sprint 8:00pm - 8:30pm	RPM 6:15pm - 7:05pm	Sprint 8:00pm - 8:30pm		
			Sprint 7:15pm - 7:45pm			
			Sprint 8:00pm - 8:30pm			

VIRTUAL INDOOR CYCLING CLASSES TAKE PLACE IN THE RIDE STUDIO