

# PARK WEST JANUARY 2022 SCHEDULE

## GROUP FIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	M O R N I N G						
5:30AM		<b>3-2-1 FIT</b> (60)			<b>LES MILLS BODYPUMP</b> (60)		
8:00AM	<b>LES MILLS BODYPUMP</b> (60)		<b>ReFIT</b> (60)			<b>LES MILLS BODYPUMP</b> (60)	
8:15AM					<b>WERQ</b> (60)		
8:30AM		<b>LES MILLS BODYSTEP</b> (60)		<b>LES MILLS BODYSTEP</b> (60)			
9:00AM							<b>LES MILLS BODYCOMBAT</b> (60)
9:15AM						<b>LES MILLS BODYSTEP</b> (60)	
9:30AM	<b>DIESEL</b> (60)	<b>LES MILLS BODYCOMBAT</b> (60)	<b>DIESEL</b> (60)	<b>LES MILLS BODYPUMP</b> (60)	<b>LES MILLS BODYPUMP</b> (60)		
10:15AM							<b>LES MILLS BODYPUMP</b> (60)
10:30AM						<b>LES MILLS BODYPUMP</b> (60)	
10:45AM		<b>3-2-1 FIT</b> (60)		<b>3-2-1 FIT</b> (60)	<b>DIESEL</b> (60)	<b>WERQ</b> (60) IN YOGA STUDIO	





# PARK WEST JANUARY 2022 SCHEDULE

## GROUP FIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	AFTERNOON						
4:30PM	<b>LES MILLS</b> <b>BODYPUMP</b> (60)	<b>3-2-1 FIT</b> (60)	<b>LES MILLS</b> <b>BODYPUMP</b> (60)	<b>3-2-1 FIT</b> (60)			
5:45 PM		<b>ZUMBA</b> <sup>®</sup> (60)		<b>ReFIT</b> (60)			
6:00PM	<b>TOTAL</b> CONDITIONING (60)		<b>LES MILLS</b> <b>BODYPUMP</b> (60)				

# PARK WEST JANUARY 2022 SCHEDULE

## ZEN DEN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
6:00AM				 <b>WARRIOR FLOW</b> (60)			
8:00AM			<b>LES MILLS</b> <b>BODYFLOW</b> (60)		<b>LES MILLS</b> <b>BODYFLOW</b> (60)		
8:15AM		 <b>WARRIOR FLOW</b> (60)		 <b>WARRIOR FLOW</b> (60)			
8:30AM						<i>Barre</i> (45)	
9:15 AM			<i>Barre</i> (60)				
9:30 AM						DEEP S-T-R-E-T-C-H (45)	
10:00 AM							 <b>WARRIOR FLOW</b> (60)
10:45 AM	<i>Barre</i> (60)						
	AFTERNOON						
4:30 PM	<i>Barre</i> (60)						
5:45 PM		DEEP S-T-R-E-T-C-H (60)					
6:00 PM	<b>LES MILLS</b> <b>BODYFLOW</b> (60)			YIN RESTORATIVE (60)			














# PARK WEST JANUARY 2022 SCHEDULE

## REDZONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
5:30AM			RED ZONE (60)				
7:00AM	RED ZONE (60)				RED ZONE (60)		
7:45AM		RED ZONE (60)		RED ZONE (60)			
8:00AM						RED ZONE (60)	
9:15 AM						RED ZONE (60)	
9:30 AM		RED ZONE (60)		RED ZONE (60)			
	AFTERNOON						
5:15 PM	RED ZONE (60)						
6:00 PM		RED ZONE (60)		RED ZONE (60)			

# PARK WEST JANUARY 2022 SCHEDULE

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	M O R N I N G						
5:30 AM	DRIVE  CYCLE (60)		DRIVE  CYCLE (60)		DRIVE  CYCLE (60)		
8:00 AM		DRIVE  CYCLE (60)		DRIVE  CYCLE (60)			
8:30 AM			DRIVE  CYCLE (60)			DRIVE  CYCLE (60)	
9:00 AM							20/20/20 (60)
9:15 AM	DRIVE  CYCLE (60)						
	A F T E R N O O N						
4:30 PM		DRIVE  CYCLE (45)					
5:30 PM	DRIVE  CYCLE (60)		DRIVE  CYCLE (60)				



# PARK WEST JANUARY 2022 SCHEDULE

## ACTIVE AGERS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING

9:30AM



12:00 PM

