

Class Schedule Imagine Spa

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
06:30		RPM	CX WORX	RPM	B. COMBAT			06:30
06:45		Virtual	Virtual	Virtual	Virtual			06:45
07:00								07:00
07:15					RPM			07:15
07:30	SPIN	CORE	YOGA	CORE	Virtual			07:30
07:45		Gym team	Sadia	Gym team				07:45
08:00	Gym team					CX WORX	CX WORX	08:00
08:15						Virtual	Virtual	08:15
08:30								08:30
08:45			SPIN			SPIN	HIIT	08:45
09:00			Gym Team			Gym team	Gym team	09:00
09:15								09:15
09:30				DANCE FIT/ LBT	BOOTCAMP			09:30
09:45	CIRCUITS	Body Conditioning	CIRCUITS	Gym Team	gym team			09:45
10:00	Gym team	Elena	Gym team					10:00
10:15						YOGA	PILATES	10:15
10:30						Carolyn	Kara/Nada	10:30
10:45						75 min		10:45
11:00								11:00
11:15								11:15
11:30								11:30
11:45								11:45
12:00			CX WORX		SH'BAM	CORE	LBT	12:00
12:15			Virtual		Virtual	Gym team	Gym team	12:15
12:30								12:30
12:45								12:45
13:00								13:00
13:15	PILATES	CORE AND	PILATES		CORE AND			13:15
13:30	Nada	STRETCH	Kara		STRETCH			13:30
13:45		Gym team			Gym team			13:45
14:00								14:00
14:15			RPM	PILATES				14:15
14:30			Virtual	Chrystella				14:30
14:45								14:45
15:00								15:00
15:15								15:15
15:30								15:30
15:45								15:45
17:00								17:00
17:15	Junior		Junior					17:15
17:30	Ballet	SPIN	Ballet					17:30
17:45		Virtual						17:45
18:00								18:00
18:15								18:15
18:30	BOOT CAMP			BOOT CAMP	CIRCUITS			18:30
18:45	ANTHONY			ANTHONY	Gym team			18:45
19:00		Body						19:00
19:15		conditioning						19:15
19:30		Gym team		CORE				19:30
19:45	YOGA		HIIT	Gym team				19:45
20:00	Paola		Gym team					20:00
20:15								20:15
20:30								20:30

AQUA CLASSES ARE ON TUESDAY 10:45 - 11:45 AND THURSDAY AT 10:30- 11:30

ON ANY FREE SPACE YOU CAN DEMAND A LESS MILLS VIRTUAL CLASS OF YOUR PREFERENCE