

Eugene Swim and Tennis Club Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>6:00AM - 7:00AM Studio 1 LES MILLS BODYPUMP</p> <p>7:05AM - 7:55AM Studio 1 LES MILLS RPM</p> <p>7:55AM - 8:25AM Yoga w/Maren</p> <p>8:30AM - 9:30AM Studio 1 LES MILLS BODYPUMP</p> <p>9:35AM - 10:35AM Studio 1 LES MILLS BODYCOMBAT</p> <p>10:40AM - 11:40AM Studio 1 ONDEMAND</p> <p>12:00PM - 5:00PM Studio 1 LES MILLS BODYPUMP</p> <p>5:15PM - 6:15PM Studio 1 LES MILLS BODYFLOW</p> <p>6:30PM - 7:30PM Studio 1</p>	<p>6:00AM - 7:00AM Studio 1 LES MILLS BODYATTACK</p> <p>7:05AM - 7:50AM Studio 1 LES MILLS BODYPUMP</p> <p>8:00AM - 8:30AM Studio 1 LES MILLS CORE</p> <p>8:30AM - 9:30AM Studio 1 LES MILLS BODYCOMBAT</p> <p>9:35AM - 10:35AM Yoga w/Maren</p> <p>10:40AM - 11:40AM Studio 1 ONDEMAND</p> <p>12:00PM - 5:00PM Studio 1 LES MILLS RPM</p> <p>5:15PM - 6:05PM Studio 1 LES MILLS BODYATTACK</p> <p>6:15PM - 7:15PM Studio 1</p>	<p>6:00AM - 7:00AM Studio 1 LES MILLS BODYPUMP</p> <p>7:05AM - 7:50AM Studio 1 LES MILLS BODYCOMBAT</p> <p>7:55AM - 8:25AM Yoga w/Maren</p> <p>8:30AM - 9:30AM Studio 1 LES MILLS BODYPUMP</p> <p>9:35AM - 10:35AM Studio 1 LES MILLS BODYFLOW</p> <p>10:40AM - 11:40AM Studio 1 ONDEMAND</p> <p>12:00PM - 5:00PM Studio 1 LES MILLS BODYPUMP</p> <p>5:15PM - 6:15PM Studio 1 LES MILLS BODYFLOW</p> <p>6:30PM - 7:30PM Studio 1</p>	<p>6:00AM - 7:00AM Studio 1 LES MILLS BODYATTACK</p> <p>7:05AM - 7:50AM Studio 1 LES MILLS BODYPUMP</p> <p>8:00AM - 8:30AM Studio 1 LES MILLS CORE</p> <p>8:30AM - 9:30AM Studio 1 LES MILLS BODYCOMBAT</p> <p>9:35AM - 10:35AM Yoga w/Maren</p> <p>10:40AM - 11:40AM Studio 1 ONDEMAND</p> <p>12:00PM - 5:00PM Studio 1 LES MILLS CORE</p> <p>5:15PM - 5:45PM Studio 1 LES MILLS BODYCOMBAT</p> <p>5:45PM - 6:15PM Studio 1 LES MILLS sprint</p> <p>6:25PM - 6:55PM</p>	<p>6:00AM - 7:00AM Studio 1 LES MILLS BODYPUMP</p> <p>7:05AM - 7:55AM Studio 1 LES MILLS RPM</p> <p>8:00AM - 8:30AM Studio 1 LES MILLS CORE</p> <p>8:40AM - 9:25AM Studio 1 LES MILLS BODYCOMBAT</p> <p>9:35AM - 10:35AM Studio 1 ONDEMAND</p> <p>10:40AM - 6:40PM Studio 1</p>	<p>8:00AM - 9:00AM Studio 1 LES MILLS BODYATTACK</p> <p>9:15AM - 10:15AM Studio 1 LES MILLS BODYPUMP</p> <p>10:30AM - 12:00PM Studio 1 ONDEMAND</p> <p>12:00PM - 6:00PM Studio 1</p>	<p>8:00AM - 9:00AM Studio 1 LES MILLS BODYCOMBAT</p> <p>9:15AM - 10:15AM Studio 1 LES MILLS BODYPUMP</p> <p>10:30AM - 6:00PM Studio 1 ONDEMAND</p>

Studio 1

ONDEMAND

On Demand



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



Get fast, fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.



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



The original barbell workout for anyone looking to get lean, toned and fit - fast.



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30 minute core conditioning workout targeting all the muscles around the core. A strong core makes us better at everything we do.



Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level.



High-intensity interval 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.

Eugene Swim and

Tennis Club

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