



1401 South Riverfront Drive
Mankato, MN 56001
(507) 387-8255

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	BODYPUMP™ 5:15am - 6:15am	Low Impact HIIT 5:30am - 6:15am	BODYPUMP™ 5:15am - 6:15am	GRIT™ 5:30am - 6am	BODYPUMP™ Express 5:15am - 5:45am		
	RPM™ 5:30am - 6:15am	GRIT™ 5:30am - 6am	RPM™ 5:30am - 6:15am		RPM™ 5:30am - 6:15am		
6am		CXWORX™ 6:05am - 6:35am		Gentle Yoga 6:20am - 7:20am			
		Gentle Yoga 6:20am - 7:20am				RPM™ 7:15am-8am	
7am		Tai Chi 7:30am - 8:15am				Weekend Warrior 7:15am-8am <small>(1st Saturday of Month)</small>	
						GRIT™ 7:30am-8am <small>(All other Saturdays of Month)</small>	
8am	Cycling 8:15am - 9am	Step 8:30am - 9:30am	Cycling 8:15am - 9am	BODYPUMP™ 8:30am - 9:15am	Cycling 8:15am - 9am	BODYPUMP™ 8:15am - 9:15am	
	Vinyasa Yoga 8:20am - 9:20am		Vinyasa Yoga 8:20am - 9:20am		Yoga For Strength 8:20am - 9:20am		
9am	BODYPUMP™ 8:30am - 9:25am		GRIT™ 8:30am - 9am		Low Impact HIIT 8:30am - 9:30am		
	Oula 9:30am - 10:30am	Simple Stretch 9am - 9:40am	CXWORX™ 9:05am - 9:35am	Simple Stretch 9am - 9:40am	Deep Stretch 9:30am - 10:30am		
10am	Gentle Yoga 9:30am - 10:30am	RPM™ 9:30am - 10:15am	Gentle Yoga 9:30am - 10:30am	RPM™ 9:30am - 10:15am	Barre 9:30am - 10am		
		Golden Rhythms 9:45am - 10:30am		Golden Rhythms 9:45am - 10:30am			
11am	SilverSneakers® Circuit 10:45am - 11:30am		Silver Sneakers Cardio Circuit 10:45am - 11:30am		BODYFLOW™ Flexibility 10:05am - 10:35am		GRIT™ 10:30am - 11am
					Chair Yoga 10:45am - 11:30am		RPM™ 10:45am - 11:30am
12pm		Barre 11:30am - 12pm		Yoga For Strength 11:30am - 12:15pm			BODYCOMBAT Express 11:05am - 11:40am
		Yoga For Strength 11:30am - 12:15pm					BODYFLOW™ 11:45am - 12:45pm
4pm	GRIT™ 12:15pm - 12:45pm		GRIT™ 12:15pm - 12:45pm				
	BODYPUMP™ 4:30pm - 5:15pm	Vinyasa Yoga 4:30pm - 5:30pm	BODYPUMP™ 4:30pm - 5:15pm	GRIT™ 4:30pm - 5pm			
5pm		CXWORX™ 4:30pm - 5pm		Yoga For Strength 4:30pm - 5:30pm			
	Circuit Max 5:30pm - 6:20pm	RPM™ Express 5:15pm - 5:45pm	Step Interval 5:30pm - 6:20pm	Barre 5:15pm - 5:45pm			
6pm	RPM™ 5:30pm - 6:15pm	GRIT™ 5:15pm - 5:45pm		Gentle Yoga 5:45pm - 6:45pm			
		Barre 5:50pm - 6:20pm					
7pm	BODYFLOW™ 6:30pm - 7:25pm	BODYPUMP™ Express 6:30pm - 7:05pm	Barre 6:30pm - 7pm	RPM™ Express 6pm - 6:30pm			
				BODYPUMP™ 6pm - 6:55pm			
	Zumba® 7:30pm - 8:15pm	Zumba® 7:15pm - 8pm	BODYFLOW™ Flexibility 7:05pm - 7:40pm	Oula 7pm - 8pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program. **Who is teaching my class?** Check out the mobile app for instructor info! **Classes outlined in red are Les Mills Sweetheart Launch Classes.**