


 Indicates class may be cancelled due to low attendance.

Effective June 18th, 2023

Schedule, Registration and Virtual Classes available on Princeton Club Mobile App www.princetonclub.net

Group Exercise Class Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am LES MILLS BODYPUMP 45 min. Laurie	5:45 am LES MILLS tone 45 min. Jenn M	5:45 am LES MILLS BODYPUMP 45 min. Vikki	5:45 am LES MILLS BODYBALANCE Yoga 45 min. Sarah C	5:30 am LES MILLS BODYPUMP 45 min. Laurie	
NEW TIMES! 8:30am LES MILLS BODYPUMP 55 min Shelly/Amy D						8:00 am LES MILLS BODYPUMP 55 min. Jennifer
NEW TIMES! 9:30am 30 min. LES MILLS CORE Rebecca/Amy D/Richelle	8:45 am LES MILLS BODYPUMP 55 min. Sarynn	8:45 am LES MILLS BODYCOMBAT 30 min. Amy S	8:45am LES MILLS BODYPUMP 55min. Jenn M.	8:45 am LES MILLS tone 55 min. Jenn/Amy S	8:45 am LES MILLS BODYPUMP 55 min. Sarynn	8:00am Boot Camp 55 min. Laurie/Shelly
NEW TIMES! 10:00am 30 min. LES MILLS GRIT CARDIO ATHLETIC Shelly/Amy S		9:15 am Hard Core 30 min. Amy S			9:45 am Hard Core 30 min. Diana	9:00am Body Sculpt 55 min. Kelly O.
10:30 am  ZUMBA 45 min. Fran	10:00 am Pilates 55 min. Karen	10:00 am SHINE Dance Fitness 45 min. Nina/Jenn M	10:00 am Pilates 55 min. Karen/Nina	10:00 am SHINE Dance Fitness 45 min. NEW! Nina/Jenn M	10:15 am Fit For Life 45 min. Kat	10:00 am NEW! FLOW Yoga 45 min. Amanda
	11:00 am Fit For Life 55 min. Karen	11:00 am Yoga Flow 55 min. Brenda	11:00 am Fit For Life 55 min. Karen / Nina	11:00 am Gentle Yoga 55 min. Brenda	11:15 am Groove 45 min. Gaylene	11:00 am  55 min. Keena/Manal
					12:00 pm 55 min. LES MILLS BODYPUMP Valerie/Craig	
	4:00 pm LES MILLS BODYPUMP 55 min. Jenn G		4:00 pm LES MILLS BODYPUMP 45 min. Valerie		NEW INSTRUCTOR!	
	5:00 pm LES MILLS CORE 30 min. Laurie	4:30 pm Body Sculpt 45 min. Elena	5:00 pm LES MILLS CORE 30 min. Valerie	4:30pm Body Sculpt 45 min. Kelly O.		
5:15 pm Slow Flow Yoga 55 min. Irene	5:30 pm LES MILLS GRIT STRENGTH 30 min. Jen	5:15 pm Pilates 45 min. Kelly O.	5:30 pm LES MILLS GRIT ATHLETIC 30 min. Valerie	5:15 pm LES MILLS BODYCOMBAT 45 min. Sarynn		
	6:00 pm LES MILLS BODYPUMP 55min. Jen	6:00 pm LES MILLS BODYCOMBAT 55 min. Sarynn	6:00 pm LES MILLS BODYPUMP 55min. Jen	6:00 pm  55 min. Nicole/Jacquelyne		
	7:00 pm Turn Up &  55 min. Jacquelyne/Tiffany	7:00 pm Turn Up  55 min. Alison	7:00 pm LES MILLS BODYBALANCE Yoga 55 min. EmilyJo	7:00 pm Slow Flow Yoga 55 min. John		

608-241-2639
1726 Eagan Road
Madison, WI 53704

Online registration prior to class is recommended to reserve your space and equipment.
Please unregister for classes that you cannot attend if you are on the roster.
See membership if your online account has not been activated yet.