## PRINCETON CLUB

Effective: October 5, 2025

Fall 2025

Torr	eserve vour snot-real		Group Exercis	se Schedule ior. **Must be 12+ to a	attend all group clas	\$\$ <b>\$</b> \$\$
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30am	5:30-6:15am	5:30-6:30am		
		BODYPUMP	Strength LESMILLS Development	LESMILLS BODYPUMP		
			Bevelopment			
			8:00-8:45am			7:00-7:45am
			BODYCOMBAT			Strength LESMILLS Development
			DODICOMBAI			Bevelopment
8:15-9:15am	8:00-8:55am	8:00-8:45am	8:45-9:10am	8:45-9:30am	8:00-8:55am	8:00-9:00am
<b>BODYPUMP</b>	Boot Camp	Fit for Life	CORE	Strength LESSMILLES Development	Boot Camp	BODYCOMBA
BUDIFUMP	Challenge		JURE	Development	Challenge	BUDICUMBA
9:30-10:30am	9:05-10:05am	9:00-9:45am	9:15-10:15am	9:45-10:45am	9:05-10:05am	9:00-9:30am
ZVMBA	Lesmills <b>BODYPUMP</b>	Lesmills Shapes	LesMills PARVDIIMD	LESMILLS DODVCOMBAT	LesMills <b>Dorvoitato</b>	CORE
24141911	BUDIPUMP	Shapes	BODYPUMP	BODYCOMBAT	BODYPUMP	CORE
	10:10-10:55am	10:00-10:45am	10:30-11:15am		10:15-10:45am	9:45-10:45am
	Circuit Training	BODYCOMBAT	Circuit Training		CORE	LesMILLS BODYPUMP
	3	DODICOMBAI	3		OORE	BUDIFUMP
10:45-11:45am	11:00-11:45am	11:00-11:45am		11:00-11:45am	11:00-11:45am	10:50-11:50am
LesMILLS <b>BODYSTEP</b>	Turn Up/	Hip Hop		WERQ	WERQ	WERQ
BUDISIEP	WERQ	l inprinq		1111111	11 M	
12:00-12:45pm	12:00-1:00pm	12:00-12:45pm	12:00-1:00pm	12:00-12:45pm	12:00-1:00pm	
WERQ	LESMILLS DANVOILLE	Strength LESMILLS	LESMILLS PARVEILLE	Lesmills Shapes	LESMILLS DARVOIJAD	
уры	BODYPUMP	Development	BODYPUMP	Shapes	BODYPUMP	
		3:00-3:45pm				
		Forever Active				
				4:30-5:00pm		
				BODYSTEP		
				DODISILI		
	5:00-5:55pm	5:15-6:15pm	5:00-6:00pm	5:15-6:15pm	5:00-5:45pm	
	BODYCOMBAT	LESMILLS BODYSTEP	BODYPUMP	LESMILLS BODYPUMP	Lesmills Shapes	
	BODICOMBAI	BODISTER	BODIFOMP	BODIFORIF	erapes	
	6:00-7:00pm	6:20-6:50pm	6:00-7:00pm	6:30-7:15pm	6:00-7:00pm	
	Lesmills BODYPUMP	CORE	BODYCOMBAT	Strength Lessmills Development	ZVMBA	
	DUDIFUND	JURE	DODICOMBAI	Development	~~ · · · · · · · · · · · · · · · · · ·	
		7:00-7:45pm	7:05-7:50pm			
		Lesmills Shapes	WERQ			