

PRINCETON CLUB

Effective
October 5, 2025

West Group Exercise Schedule

To reserve your spot, registration is required beginning 49 hours prior. **Must be 12+ to attend all group classes**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:00am LES MILLS GRIT				5:30-6:00am LES MILLS GRIT	
	6:05-7:00am Strength Development LES MILLS	6:00-6:45am CardioCore Fusion	6:00-6:45am Body Sculpt	6:00-6:45am CardioCore Fusion	6:05-6:50am LES MILLS BODY PUMP	
	7:05-7:50am Flow Yoga	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Flow Yoga	7:00-7:45am Mat Pilates	7:00-7:55am Slow Flow Yoga
8:30-9:25am Body Sculpt	8:00-8:45am Fit 20/20	8:05-9:00am Body Sculpt	8:00-8:45am Fit 20/20	8:05-9:00am Body Sculpt	8:00-8:55am Cardio Dance	8:00-8:50am Body Sculpt
9:30-10:25am Turbo Kick	9:00-10:00am LES MILLS BODYCOMBAT	9:15-10:15am Boot Camp	9:00-9:45am LES MILLS Shapes	9:15-10:15am HIIT Strength	9:00-9:55am Power Flow	9:00-9:55am LES MILLS BODY PUMP
10:30-11:25am PiYo	10:15-11:15am Power Stretch	10:30-11:15am Fit For Life	10:00-10:45am Fit For Life	10:30-11:15am Fit for Life	10:05-11:00am Strength Development LES MILLS	10:05-11:15am Turbo Kick
11:30-12:25pm WERQ		11:30-12:30pm Stretch & Restore	11:00-11:30am Flow30 Yoga	11:30-12:30pm Stretch & Restore	11:05-11:50 Tabata Strength	11:20-12:20pm ZUMBA
12:30-1:15pm Mat Pilates	12:00-1:00pm ZUMBA		12:00-1:00pm Body Sculpt		12:00-1:00pm Flow Yoga	
1:30-2:15pm Fit For Life	1:15-2:00pm Forever Active		1:15-2:00pm Forever Active		1:15-2:00pm Forever Active	
	4:00-4:45pm LES MILLS BODY PUMP	4:00-4:45pm Iron Abs & Arms	2:05-2:50pm ZUMBA GOLD	4:00-4:45pm Athletic Abs & Power Glutes	4:00-4:55pm LES MILLS BODY PUMP	
	5:00-5:55pm ZUMBA	5:15-6:10pm LES MILLS BODYATTACK	4:45-5:30pm LES MILLS BODYCOMBAT	5:00-5:55pm LES MILLS BODYCOMBAT	5:05-6:05am Stretch & Restore	
	6:00-6:45pm LES MILLS Shapes	6:15-7:15pm LES MILLS BODY PUMP	5:35-6:35pm LES MILLS BODY PUMP	6:00-7:00pm LES MILLS BODY PUMP		
	7:00-8:00pm Flow Yoga	7:20-8:05pm ZUMBA	6:45-7:45pm Flow Yoga			