

# PRINCETON CLUB

Effective: February 1, 2026

## 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 <b>LesMILLS GRIT</b>				5:30-6:00am <b>LesMILLS GRIT</b>	
	6:05-6:50am <b>Strength Development</b>	6:00-6:45am CardioCore Fusion	6:00-6:45am Body Sculpt	6:00-6:45am CardioCore Fusion	6:05-6:50am <b>LesMILLS BODYPUMP</b>	
	7:00-7:45am 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 <b>LesMILLS BODYCOMBAT</b>	9:15-10:15am Boot Camp	9:00-9:45am <b>LesMILLS Shapes</b>	9:15-10:15am HIIT Strength	9:00-9:55am Power Flow	9:00-9:55am <b>LesMILLS BODYPUMP</b>
10:30-11:25am Mind/Body Rotation Check ONLINE or APP	10:15-11:15am Power Stretch	10:30-11:15am Fit For Life	10:00-10:45am Tabata Strength	10:30-11:15am Fit for Life	10:05-11:00am Strength Development	10:05-11:15am Turbo Kick
*11:30-12:25pm <b>WERQ</b>		11:30-12:30pm Stretch & Restore	11:00-11:45am Flow Yoga	11:30-12:30pm Stretch & Restore	11:05-11:50am Tabata Strength	11:20-12:20pm <b>ZUMBA</b>
12:30-1:15pm Mat Pilates	*12:00-1:00pm <b>ZUMBA</b>		12:00-1:00pm Body Sculpt		12:00-12:45pm <b>LesMILLS Shapes</b>	
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	
	4:00-5:00pm <b>LesMILLS BODYPUMP</b>	4:00-4:45pm Iron Abs & Arms	2:05-2:50pm <b>ZUMBA GOLD</b>	4:00-4:45pm Athletic Abs & Power Glutes	4:00-4:55pm <b>LesMILLS BODYPUMP</b>	
5:00pm Sunday Format Shuffle Check ONLINE or APP	5:05-6:00pm <b>ZUMBA</b>	5:15-6:10pm <b>LesMILLS BODYATTACK</b>	4:45-5:30pm <b>LesMILLS BODYCOMBAT</b>	5:00-5:55pm <b>LesMILLS BODYCOMBAT</b>	5:05-6:05pm Stretch & Restore	
	6:05-6:50pm <b>LesMILLS Shapes</b>	6:15-7:15pm <b>LesMILLS BODYPUMP</b>	5:35-6:35pm <b>LesMILLS BODYPUMP</b>	6:00-7:00pm <b>LesMILLS BODYPUMP</b>		
	7:00-8:00pm Flow Yoga	7:20-8:05pm <b>ZUMBA</b>	6:45-7:45pm Flow Yoga		* The 3rd Sunday & Monday of each month, we will feature <b>BollyX</b> during 11:30a WERQ & Noon Zumba	