

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 LES MILLS GRIT				5:30-6:00am LES MILLS GRIT	
	6:05-6:50am Strength Development <small>LES MILLS</small>	6:00-6:45am CardioCore Fusion	6:00-6:45am Body Sculpt	6:00-6:45am CardioCore Fusion	6:05-6:50am LES MILLS BODYPUMP	
	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 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 BODYPUMP
10:30-11:25am Mind/Body Rotation <small>Check ONLINE or APP</small>	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 <small>LES MILLS</small>	10:05-11:15am Turbo Kick
*11:30-12:25pm WERQ		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 ZUMBA
12:30-1:15pm Mat Pilates	*12:00-1:00pm ZUMBA		12:00-1:00pm Body Sculpt		12:00-12:45pm LES MILLS Shapes	
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 LES MILLS BODYPUMP	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 BODYPUMP	
5:00pm Sunday Format Shuffle <small>Check ONLINE or APP</small>	5:05-6:00pm ZUMBA	5:15-6:10pm LES MILLS BODYATTACK	4:45-5:30pm LES MILLS BODYCOMBAT	5:00-5:55pm LES MILLS BODYCOMBAT	5:05-6:05pm Stretch & Restore	
	6:05-6:50pm LES MILLS Shapes	6:15-7:15pm LES MILLS BODYPUMP	5:35-6:35pm LES MILLS BODYPUMP	6:00-7:00pm LES MILLS BODYPUMP		
	7:00-8:00pm Flow Yoga	7:20-8:05pm ZUMBA	6:45-7:45pm Flow Yoga		* The 3rd Sunday & Monday of each month, we will feature BollyX during 11:30a WERQ & Noon Zumba	