

West Cycle Studio Schedule :: Effective June 14, 2026

To reserve your spot, registration - available 49 hours prior to class start time - is required. **Must be age 12+ to attend all group classes**
Virtual Les Mills OnDemand classes are available when live classes are not scheduled

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:15am Rhythm45				
		8:15-9:00am RhythmReps		8:15-8:45am LES MILLS sprint		8:00-8:45am LES MILLS RPM
9:15-10:15am Spin	9:00-10:00am Spin		9:00-10:00am Spin	9:00-10:15am Spin Core	9:00-9:45am RhythmReps	
	5:30-6:15am CYCLUB	5:30-6:15pm RhythmCore	5:30-6:15pm Rhythm Rotation	5:30-6:15pm RhythmBurn		

West Aqua Fitness Schedule :: Effective June 14, 2026

To reserve your spot, registration - available 49 hours prior to class start time - is required. **Must be age 12+ to attend all group classes**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Strength & Cardio	8:00-8:55am Aqua Hi-Lo	8:00-8:55am Aqua Hi-Lo
9:00-9:55am Aqua HIIT	9:05-10:00am waterinmotion	9:05-10:00am Aqua Bootcamp	9:05-10:00am Aqua HIIT	9:05-10:00am waterinmotion	9:05-10:00am Aqua Strength & Cardio	9:05-10:00am waterinmotion
						10:00am-12:00pm Family Swim
1:00-3:00pm Family Swim	6:00-6:55pm Aqua Cardio Kickboxing	6:00-6:55pm Aqua Zumba	6:00-6:55pm Aqua Bootcamp			

- * Please register for all Group Exercise & Aqua classes - walk-ins are allowed only if room remains in the class
>> Please see the instructor prior to setting up for class to check availability
- * Registration for each class opens 49 hours prior to class start time
- * Arrive 10-15 minutes prior to class start to allow time for equipment set-up
- * Yoga participants may bring their own mats, but we also provide mats
- * Water shoes are recommended for Aqua classes

Two ways to register for classes:

- 1) To see the full week of classes + instructor names: visit www.princetonclub.net or scan the QR code
>> Click **Classes** > **Princeton Club - West** > **Location**, **Class Name** > **Register for Class**
>> On your first visit, you will set up your account and be able to register for classes.



- 2) To view daily classes and register: use the Princeton Club mobile app to search by **Location** & **Class Name**

We look forward to welcoming you to our PCW Fitness Community!

QUESTIONS? Contact Erin Esbeck, Group Fitness Director: erin.esbeck@princetonclub.net
Andrea Novotney, Water Fitness Director: andrea.novotney@princetonclub.net