

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
POWER RPM 6:00am–7:00am Spin Studio	Heather	CXWORX 5:30am–6:00am GX Studio	Lynsey	BODYPUMP EXPRESS 6:00am–6:45am GX Studio	Jose	CXWORX 5:30am–6:00am GX Studio	Krista	BODYPUMP EXPRESS 6:00am–6:45am GX Studio	Rich	BOOTCAMP 7:00am–8:00am Soccer Field	Chantell	BODYFLOW 8:00am–9:00am GX Studio	Krista
BODYPUMP 9:15am–10:15am GX Studio	Krista	BOOTCAMP 6:00am–7:00am Soccer Field	Brena	BODYPUMP 8:15am–9:15am GX Studio	Krista	BOOTCAMP 6:00am–7:00am Soccer Field	Caleb	BODYSTEP 9:15am–10:15am GX Studio	Trenton	BODYCOMBAT 8:00am–9:00am GX Studio	Melissa	INDOOR CYCLING 9:15am–10:15am Spin Studio	Chantell
CXWORX 10:15am–10:45am GX Studio	Krista	BODYPUMP EXPRESS 9:00am–9:30am GX Studio	Katie	COREYOGA 9:15am–10:15am GX Studio	Christen	RPM 6:00am–6:45am Spin Studio	Melissa	RPM 9:30am–10:00am Spin Studio	Katie	BODYPUMP 9:15am–10:15am GX Studio	Heather	BODYPUMP 9:15am–10:15am GX Studio	Lisa
BODYCOMBAT 4:30pm–5:30pm GX Studio	Josh	BODYCOMBAT 9:30am–10:30am GX Studio	Katie/HeeJu	BODYATTACK* 10:15am–11:15am GX Studio	Diane	RPM 8:15am–9:00am Spin Studio	Katie	CXWORX 10:15am–10:45am GX Studio	Trenton	RPM 10:15am–11:00am Spin Studio	Melissa	RPM 10:15am–11:00am Spin Studio	Heather
BODYPUMP 5:30pm–6:30pm GX Studio	Josh	RPM 9:30am–10:15am Spin Studio	Krista	RPM 4:30pm–5:15pm Spin Studio	Heather	BODYPUMP 9:15am–10:15am GX Studio	Lisa	BODYFLOW 4:30pm–5:30pm GX Studio	Elena	SH'BAM 10:15am–11:00am GX Studio	Lisa	BODYSTEP EXPRESS 10:15am–11:00am GX Studio	Brena
CXWORX 6:00pm–6:30pm GX Studio South	Trenton	LITTLE YOGA 9:30am–10:30am GX Studio South	James	BODYPUMP EXPRESS 5:30pm–6:00pm GX Studio	Heather	BODYSTEP 4:30pm–5:30pm GX Studio	Anita	BODYATTACK* 5:30pm–6:30pm GX Studio	Anita	ZUMBA 11:00am–12:00pm GX Studio	May/Tania	CXWORX 11:00am–11:30am GX Studio	Heather
BODYATTACK 6:30pm–7:30pm GX Studio	Trenton	BODYFLOW 10:30am–11:30am GX Studio	Krista	CXWORX 6:00pm–6:30pm GX Studio	Heather	BODYPUMP 5:30pm–6:30pm GX Studio	Heather						
ZUMBA 6:30pm–7:30pm GX Studio South	Johanne	ZUMBA 4:30pm–5:30pm GX Studio	Tania	RPM* 6:30pm–7:15pm Spin Studio	Melissa	CXWORX* 6:30pm–7:00pm GX Studio South	Heather						
RPM 6:45pm–7:30pm Spin Studio	Kursten	BODYSTEP 5:30pm–6:30pm GX Studio	Trenton	BODYCOMBAT 6:30pm–7:30pm GX Studio	Kate	BODYATTACK 6:30pm–7:30pm GX Studio	Jose			*Indicates class will be cancelled if attendance remains low.			
VINYASA YOGA 7:30pm–8:30pm GX Studio	Julie	BODYPUMP 6:30pm–7:30pm GX Studio	Trenton	BODYFLOW 7:30pm–8:30pm GX Studio	Tina	BODYJAM 7:30pm–8:30pm GX Studio	Brena			Highlighted areas indicate a change in time, class, or instructor			
		BODYJAM 7:30pm–8:30pm GX Studio	Kate							Bladium Hours Mon–Fri: 5am–12am Sat–Sun: 7am–8pm		Questions or Concerns Krista Meikle or Katie Kindred	
										Kids Club/Childcare Hrs Mon–Thurs: 8am–12pm Mon–Thurs: 4pm–7:30pm Fri: 8am–12pm, 4–6:30pm Sat–Sun: 8am–12pm		DenverFitness@ Bladium.com	

LES MILLS CLASSES

The world's best group fitness formulas for results and fun! Les Mills has produced much more than an innovative form of exercise, Les Mills classes have created a global fitness phenomenon.



BODYPUMP A rapid fat burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.

***EXPRESS FORMAT 45 MINUTES**



RPM Incorporates cycling, choreography and motivational coaching techniques to give you a completely safe, aerobic, adrenaline ride. Get in the zone and find out why RPM is totally addictive.

POWER RPM is a 60-minute cycling class designed to build strength and burn more calories than a traditional 45-minute RPM class.



BODYCOMBAT The fiercely energetic cardio workout that is inspired by martial arts from a wide array of disciplines such as Karate, boxing, Tae kwon do, Tai Chi, Capoeira, and Muay Thai. Driving music and powerful instructors will unleash you through calories to superior cardio fitness. ***EXPRESS FORMAT 45 MINUTES**



BODYFLOW A class that reinforces flexibility and strength combining the best of Yoga, Tai Chi and Pilates. Bring the mind and body into perfect harmony with a revolutionary, holistic approach to fitness. ***EXPRESS FORMAT 30 MINUTES**



BODYSTEP The energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements to get huge motivation from sing-a-long music. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



BODYJAM The cardio workout where you are free to enjoy the sensation of dance! A fusion of the latest dance moves and hottest sounds puts the emphasis as much on having fun as breaking a sweat! Funky instructors verbally teach you to move with attitude through this 55-minute class - helping you learn to dance better.



BODYATTACK The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. ***EXPRESS FORMAT 30 MINUTES**



CXWORX™ is a 30-minute format that hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

GROUP EXERCISE CLASSES

BLADIUM BOOTCAMP Bootcamp is an intense 60-minute workout where you will sweat your way through drills, plyometrics, strength training and sports conditioning exercises. If you're looking for sports conditioning, to stay in great shape through the cooler months, or to take your fitness to a whole new level, this class is for you. All fitness levels welcome.

ZUMBA An exhilarating, effective, easy-to-follow, Latin-inspired, calorie- burning dance fitness-party! Great for all levels and no dance experience required. Zumba Instructors use non-verbal cueing as their primary form of communication during the class allowing the music to take the lead.

MIND AND BODY CLASSES

YOGA Relax and invigorate the body and mind with poses, breathing techniques, and meditation to increase strength, flexibility, and focus.

COREYOGA Through the practice of Vinyasa yoga, gain strength, flexibility and balance with an emphasis on core strengthening. Each class will work to tone and enhance abdominal strength through multiple sets of core exercises, while staying true to traditional yoga poses.

BODYFLOW A class that reinforces flexibility and strength combining the best of Yoga, Tai Chi and Pilates. Bring the mind and body into perfect harmony with a revolutionary, holistic approach to fitness.

LITTLE YOGA (2-5 YRS OLD) Children will have fun exploring the world of yoga through stretching, movement, imaginative play, music, games and storybooks. This active class finishes up with a relaxing period at the end to calm your little yogi. Drop off class.

