

IMMERSIVE STUDIO SCHEDULE NOV. 10 - NOV. 16

Monday

**LES MILLS
RPM**

5:30AM - 6:15AM

ON DEMAND

6:30AM - 8:30AM

**LES MILLS
RPM**

8:45AM - 9:30AM

ON DEMAND

9:45AM - 12:15PM

**Silver Sneakers
Classic**

12:30PM - 1:15PM

ON DEMAND

1:30PM - 4:00PM

Pilates Reformer

4:30PM - 5:15PM

ON DEMAND

5:30PM - 8:30PM

Tuesday

ON DEMAND

5:30AM - 7:30AM

**Silver Sneakers
Classic**

8:00AM - 8:45AM

Pilates Reformer

10:30AM - 11:15AM

ON DEMAND

11:30AM - 8:30PM

Wednesday

**LES MILLS
RPM**

5:30AM - 6:15AM

ON DEMAND

6:30AM - 8:00AM

**LES MILLS
Shapes**

8:00AM - 8:45AM

**LES MILLS
BODYBALANCE**

8:55AM - 9:55AM

Pilates Reformer

10:30AM - 11:15AM

**Silver Sneakers
Classic**

12:30PM - 1:15PM

ON DEMAND

1:30PM - 4:15PM

Pilates Reformer

4:30PM - 5:15PM

5:30PM - 6:15PM

Yoga

6:50PM - 7:50PM

Thursday

ON DEMAND

5:30AM - 7:45AM

**Silver Sneakers
Classic**

8:00AM - 8:45AM

ON DEMAND

9:00AM - 3:45PM

Yoga

4:00PM - 5:00PM

GROUP CYCLE

5:15PM - 6:00PM

ON DEMAND

6:15PM - 8:30PM

Friday

ON DEMAND

5:30AM - 8:00AM

Yoga

8:15AM - 9:15AM

**LES MILLS
RPM**

9:45AM - 10:30AM

ON DEMAND

10:45AM - 8:30PM

Saturday

ON DEMAND

6:30AM - 10:00AM

**Room
Reservation**

11:00AM - 1:00PM

ON DEMAND

2:00PM - 7:30PM

Sunday

ON DEMAND

6:30AM - 5:00PM

GROUP CYCLE

5:30PM - 6:15PM

- All classes are included in your membership except for Pilates Reformer.
- Reservations for ON DEMAND may be made up to 24 hours in advance. Stop by or Call Guest Services to reserve ON DEMAND time.
- Schedule will be updated weekly and subject to change.



THE ROOKERY
ACTIVITY CENTER

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Visit <https://secure.recl.com/MN/lino-lakes-mn/catalog>
to register for a Pilates Reformer Class.