## **July 2021**

## Water Fitness classes start Tuesday, July 6th

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:05am						
		waterfitness			waterfitness	
8:30am	LesMills	8:30-9:30am	LesMills		8:30-9:30am	
	<b>BODYSTEP</b>	CORE	<b>BODYCOMBAT</b>		LesMILLS BODYSTEP	
	8:30-9am	8:30-9am	8:30-9am	LesMills	8:30-9am	
9am	LESMILLS BODYPUMP®	Sprint	LESMILLS	Lesmills	LESMILLS BODYPUMP®	
	9:05-9:40am	9am-9:30am	<b>BODYPUMP®</b> 9:05-9:40am	* 9-9:30am	9:05-9:40am	
			LesMills RODYFLOW		LesMills RODYFI OW	
		YOGA	9:45-10:30am	200	9:45-10:30am	
10am		for everybody		ZUMSH		
		10-11am		10-10:45am		
				No Zumba 7/15		
12:10pm	LESMILLS EXPRESS	Lesmills BODYSTEP	LESMILLS EXPRESS	Sprint		
	BODYPUMP	Lesmills BODYCOMBAT	BODYPUMP	LESMILLS BODYSTEP		
	12:10-12:50pm	*12:10-12:50pm	12:10-12:50pm	*12:10-12:50pm	No Classes	
			water fitness		Monday,	
5:30pm		LESMILLS DARVEAMDAT	5:30-6:30pm	CORE	Wonady,	July Juli
'		5:30-6:15pm	DUMBA	5:30-6pm	Present your	vaccination
6:00pm		2.30-0:13hiii	5:30-6pm	5.50-bill	card to the fro	
_	LESMILLS EXPRESS		LESMILLS EXPRESS	Lesmills	go maskless t	•
6:10pm	BODYPUMP		BODYPUMP	Sprint	the fac	iiity!
	6:10-6:50pm		6:10-6:50pm	6:10-6:40pm		

## **Reminders:**

All classes are open to the community starting Tuesday, July 6th.

\*Tuesday 12:10pm classes rotate, BodyCombat- 7/6 & 7/20, Bodystep 7/13 & 7/27 \*Thursday 8:30am classes rotate, RPM-7/1,7/15 & 7/29, SPRINT 7/8 &7/22 \*Thursday 12:10pm classes rotate, SPRINT 7/1,7/15 &7/29, BodyStep 7/8 & 7/22

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