October 2021

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:05am			SOrint			
	waterfitness		6:30-7am		waterfitness	
8:30am	LesMills		waterfitness		8:30-9:30am	300.00
	BODYSTEP	CORE	LESMILLS BODYCOMBAT		LesMills	7UND
	8:30-9am	8:30-9am	8:30-9am		BODYSTEP 8:30-9am	9:30-10:30am
9am	LESMILLS BODYPUMP®	Sprint	LESMILLS DODVELLAD®		LESMILLS BODYPUMP®	10/9 & 10/23
	9:05-10am	9am-9:30am	BODYPUMP® 9:05-10am		9:05-9:50am	
		\./\ a \alpha \alpha			LesMills	LesMills
		YOGA for everybody			10am-11am	Spriit
10am		for everybody				9:30-10am
		10-11:15am				10/2-10/16 & 10/30
12:10pm	LESMILLS EXPRESS	Lesmills RODYCOMRAT	LESMILLS EXPRESS	LESMILLS	LesMills	
	BODYPUMP	Lesmills BODYSTEP	BODYPUMP	Spriit	CORE	
	12:10-12:50pm	*12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	
			30 CO	LesMills		
5:30pm		LesMills	JUMBH	CORE	Early Mornin	
·	5:30-6pm	DANVAMDAT	fitness	5:30-6pm	particip In order to atte	
		-DVVI (VITIDAI	5:15-6pm	3.30 opiii	you will need to have your	
	LESMILLS EXPRESS	5:30-6:30pm	LESMILLS EXPRESS	LesMills	24/7 acce	ss card.
6:10pm	RONALOWA		BÓDYPUMP	Spriit		
	6:10-7pm		6:10-7pm	6:10-6:40pm		

Monthly Reminders:

*Tuesday 12:10pm-classes rotate, Bodystep 10/5 & 10/19 and BodyCombat 10/12 & 10/26

Monday, Oct 11th- Friday, Oct. 15th we will be launching all new music and choreography in all our LesMills classes.

October 2021