

# December 2021



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05am			LES MILLS <b>sprint</b> 6:30-7am			
8:30am	water fitness LES MILLS <b>BODYSTEP</b> 8:30-9am	LES MILLS <b>CORE</b> 8:30-9am	water fitness LES MILLS <b>BODYSTEP</b> 8:30-9am		water fitness 8:30-9:30am LES MILLS <b>ZUMBA</b> 8:30-9am	LES MILLS <b>ZUMBA</b> 9:30-10:30am
9am	LES MILLS <b>BODYPUMP</b> <sup>®</sup> 9:05-10am	LES MILLS <b>sprint</b> 9am-9:30am	LES MILLS <b>BODYPUMP</b> <sup>®</sup> 9:05-10am		LES MILLS <b>BODYPUMP</b> <sup>®</sup> 9:05-9:50am	12/4 & 12/18
10am		YOGA for everybody 10-11:15am			LES MILLS <b>BODYFLOW</b> 10am-11am	LES MILLS <b>BODYCOMBAT</b> 9:30-10:30am Dec. 11th only
12:10pm	LES MILLS EXPRESS <b>BODYPUMP</b> ▶▶ 12:10-12:50pm	LES MILLS <b>BODYCOMBAT</b> LES MILLS <b>BODYSTEP</b> *12:10-12:50pm	LES MILLS EXPRESS <b>BODYPUMP</b> ▶▶ 12:10-12:50pm	LES MILLS <b>sprint</b> 12:10-12:50pm	LES MILLS <b>CORE</b> 12:10-12:40pm	
5:30pm	LES MILLS <b>BODYCOMBAT</b> 5:30-6pm	LES MILLS <b>BODYCOMBAT</b> 5:30-6:30pm	LES MILLS <b>ZUMBA</b> 5:15-6pm	LES MILLS <b>CORE</b> 5:30-6pm	Early Morning SPRINT participants: In order to attend the class you will need to have your 24/7 access card.	
6:10pm	LES MILLS EXPRESS <b>BODYPUMP</b> ▶▶ 6:10-7pm		LES MILLS EXPRESS <b>BODYPUMP</b> ▶▶ 6:10-7pm	LES MILLS <b>sprint</b> 6:10-6:40pm		

## Monthly Reminders:



\*Tuesday 12:10pm-classes rotate, BodyCombat 12/7 and 12/21 and BodyStep 12/14 and 12/28

**No Zumba** on the 12/22 or 12/29 @ 5:15pm.

No Class on Friday, Dec. 10th to Honor Leonard Burch Day.

No classes on Friday, Dec. 24th or Friday, Dec. 31st.

**Holiday BINGO starts Wed, Dec. 1st!!!!**

