June 2022

Active Kid Care

Monday- Fridays 8:30am-11:30am Monday-Wednesday 5:10pm-7:30pm (Starting June 1st)

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:15am			Sprint	24/7 access is required to		
	waterfitness		6:30-7am	attend this class.		
8:30am	7:30-8:30am	CORE	waterfitness		waterfitness	
	BODYSTEP	8:30-9am	7:30-8:30am		7:30-8:30am	
	8:30-9am	0.50 50111				
9am	LesMILLS BODYPUMP®	Sprint	LESMILLS BODYPUMP®	RPM LESMILLS BODYCOMBAT	LESMILLS BODYPUMP®	
	9:05-10am	9am-9:30am	9:05-10am	*9am-9:45am	9:05-10am	
	LESMILLS RODYFLOW	VOCA			LESMILLS BODYFLOW	
	10:15-11:15am	IUNA			10:15am-11:15am	
10am		for everybody				
		10-11:15am				
10.10						
12:10pm	LESMILLS UPRESS	BODYCOMBAT	LESMILLS EXPRESS	COLINT	CORE	
	BODYPUMP 📂	BODYSTEP	BODYPUMP 📂	Spriit	CORE	
	12:10-12:50pm	*12:10-12:50pm	12:10-12:50pm	12:10-12:45pm	12:10-12:40pm	
	LesMills					
5:30pm	BODYCOMBAT		DIMBA		No Eve	_
	5:30-6pm		fitness		Classe	
	LESMILLS EXPRESS		5:15-6pm		_ Tuesday's and	
6:10pm	BODYPUMP		BODYPUMP BODYPUMP		Thursd	ay's!
	6:10-7pm		6:10-7pm			

Monthly Reminders:

*Tuesday 12:10pm-classes rotate, BodyCombat 6/14 & 6/28 BodyStep 6/7 & 6/21

*Thursday 9am- classes rotate, RPM 6/2, 6/16 & 2/30 BodyCombat 6/9 & 6/23

Join us Saturday, June 25th to launch new music and choregraphy!

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