

# January 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
	LES MILLS RPM 6:15-7am	24/7 access is required to attend these classes.	LES MILLS sprint 6:30-7am		LES MILLS sprint 6:30-7am
8:30am	water fitness 8:30-9:30am LES MILLS BODYSTEP	LES MILLS CORE 8:30-9am	water fitness 8:30-9:30am	LES MILLS sprint LES MILLS RPM 8:30am	water fitness 8:30-9:30am ZUMBA
9am	LES MILLS BODYPUMP® 9:05-10:05am	LES MILLS RPM LES MILLS sprint 9am-9:30am	LES MILLS BODYPUMP® 9:05-10:05am		LES MILLS BODYPUMP® 9:05-10:05am
10am	LES MILLS BODYBALANCE 10:15-11:15am	YOGA for everybody 10-11:15am			LES MILLS BODYBALANCE 10:15am-11:15am
12:10pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS BODYCOMBAT LES MILLS BODYSTEP 12:10-12:50pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS sprint 12:10-12:45pm	LES MILLS BODYBALANCE LES MILLS BODYCOMBAT
5:30pm		LES MILLS RPM LES MILLS BODYCOMBAT	LES MILLS sprint 5:30-6pm	LES MILLS BODYBALANCE	<p><b>No Class on Monday, January 2nd or Monday, January 16th Martin Luther King Jr. Day Observed.</b></p> <p>24/7 Access available for SunUte Members</p>
6:10pm	LES MILLS EXPRESS BODYPUMP 6-6:50pm	5:30-6:15pm	LES MILLS EXPRESS BODYPUMP 6-6:50pm	5:30-6:30pm	



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