

June 2023

NO CLASSES

Monday, June 5th- Saturday, June 10th.



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	RPM. 6:15-7am	CORE 6:30-7am	Sprint 6:30-7am	LESMILLS BODYPUMP® 6:15am-7am	Sprint 6:30-7am	
7:30am	water fitness	0.5U-7dIII	water fitness		Water fitness	
7.504111	8:30-9:30am	CORE	June 21st	CORE	8:30-9:30am	
8:30am		8:30-9am	WF starts @7:30am	8:30-9am	ZVMSA	
9am	LESMILLS BODYPUMP®	Sprint	LESMILLS BODYPUMP®	RPM.	LESMILLS BODYPUMP®	
	9:05-10:05am	9am-9:30am	9:05-10:05am	9:05-9:50am	9:05-10:05am	
	LESMILLS BODYBALANCE	YOCA			LesMILLS BODYBALANCE	Lesmils Sprint
	10:15-11:15am	The average of			10:15am-11:15am	10:15am-11am
10am		for everybody				RPM will be
		10-11:15am				6/3 & 6/17
						SPRINT will be
12:10pm	LESMILLS EXPRESS	BODYSTEP	LESMILLS EXPRESS	SOLINI SOLINI	LesMILLS BODYBALANCE	6/24
	BODYPUMP	Lesmills BODYCOMBAT	BODYPUMP	Spriit	DOD I BALANCE	
	12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	12:10-12:45pm	12:10-12:50pm	
F-20nm	LESMILLS RIPRESS BODYPUMP		LesMILLS		Hat	OnV
5:30pm			Spriit		Harath	OF S
	5:30-6:30pm		5:30-6pm		au	95
			LESMILLS EXPRESS			ay
6:10pm			BODYPUMP		_	
			6-6:50pm		June 1	18th

-Schedule Reminders-

No Classes Monday, June 19th.

Saturday classes @ 10:15am- Alternating between RPM and SPRINT

Tenatatively starting June 21st Water Fitness from 7:30-8:30am here @ SunUte!

Active Kid Care Hours
Monday- Fridays- 8:30am-11:30am

Monday-Wednesday 5-7pm

June 2023