



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
RPM.	BODYPUMP CORE	<b>sprint</b>	LesMills BODYBALANCE	<b>Sprint</b>	
6:15-7am	6:30-7am	6:30-7am	6:15-7am	6:30-7am	
waterfitness		waterfitness		water fitness	
8:30-9:30am	CORE	8:30-9:30am	CORE	8:30-9:30am	
LESMILLS BODYSTEP	8:30-9am		8:30-9am	ZUMBA	
<b>LESMILLS</b> BODYPUMP®	<b>Sprint</b>	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 RODYRALANCE				LesMILLS BODYBALANCE	
10:15-11:15am				10:15am-11:15am	
LESMILLS EXPRESS BODYPUMP	Lesmills BODYCOMBAT BODYSTEP	LESMILLS EXPRESS BODYPUMP	<b>sprint</b>	Tuesday Early	
12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	12:10-12:45pm	_	
	Sun Yoga	<b>Sprint</b>	moon yoga		
	5-6pm	5:30-6pm	5-6pm	_	•
2.33 3.300		BODYPUMP 6-6:50pm		1/2-1/16-1/30 & Core 1/9-1/23	
	RPM 6:15-7am Water Fitness 8:30-9:30am BODYSTEP  LESMILLS BODYPUMP 9:05-10:05am  LESMILLS BODYBALANCE 10:15-11:15am  LESMILLS BODYBALANCE 10:15-11:15am	RPM.  6:15-7am 6:30-7am  Wateritness 8:30-9:30am  ESMILLS BODYPUMP 9:05-10:05am 9am-9:30am  LESMILLS BODYBALANCE 10:15-11:15am  LESMILLS BOYPUMP 12:10-12:50pm  LESMILLS BODYPUMP  SWIMMA  LESMILLS BOYPUMP  12:10-12:50pm  Swi Yoga  5-6pm	RPM. 6:15-7am 6:30-7am 6:30-7am 6:30-7am  Water Fitness 8:30-9:30am  LESMILLS BODYPUMP 9:05-10:05am 9am-9:30am 9:05-10:05am  Part of the second of the secon	6:15-7am 6:30-7am 6:30-7am 6:30-7am 6:30-7am 6:30-7am 6:30-7am 6:30-7am 6:15-7am  Water Fitness 8:30-9:30am 8:30-9am 8:30-9am 8:30-9am  LESMILLS BODYPUMP 9:05-10:05am 9:05-10:05am 9:05-10:05am 9:05-9:50am  LESMILLS BODYBALANCE 10:15-11:15am  LESMILLS BODYBALANCE 10:15-11:15am  LESMILLS BODYBALANCE 10:15-11:15am  LESMILLS BODYPUMP 12:10-12:50pm 12:10-12:50pm 12:10-12:45pm  LESMILLS BODYPUMP 5:30-6:30pm  LESMILLS BODYPUMP 5:30-6pm 5-6pm 5-6pm 5-6pm 5-6pm 5-6pm	CORE   SOPINITE   CORE   SOPINITE   CORE   CORE

#### -Schedule Reminders-

No Classes

Monday, January 1st

or

Monday, January 15th- Martin Luther King Day

Active Kid Care Hours
Monday- Fridays- 8:30am-11:30am
Monday-Wednesday 5:10p-7pm

All Early Morning Classes require 24/7 Membership Access to attend.