



February 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		LES MILLS CORE 6:30-7am	LES MILLS sprint 6:30-7am	LES MILLS BODYBALANCE 6:15-7am	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 ZUMBA	LES MILLS CORE 8:30-9am	water fitness 8:30-9:30am ZUMBA	
9am	LES MILLS BODYPUMP® 9:05-10:05am	LES MILLS sprint 9am-9:30am	LES MILLS BODYPUMP® 9:05-10:05am	LES MILLS RPM 9:05-9:50am	LES MILLS BODYPUMP® 9:05-10:05am	
10am	LES MILLS BODYBALANCE 10:15-11:15am		HATHA FLOW 10:15-11:15am		LES MILLS BODYBALANCE 10:15am-11:15am	
12:10pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS BODYSTEP 12:10-12:50pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS sprint 12:10-12:45pm	Good Vibes Tie-Dye Launch Saturday, Feb. 10th 10am-2pm. come ready to slay new LesMills workouts in your best tie-dye!	
4:30pm	5-5:30pm LES MILLS BODYCOMBAT	LES MILLS BODYCOMBAT 5:30-6:10pm	LES MILLS sprint 5:30-6pm	YIN YANG YOGA 4:30-5:30pm		
5:30pm	LES MILLS BODYPUMP®					
6pm	5:30-6:30pm		LES MILLS EXPRESS BODYPUMP 6-6:50pm			

-Schedule Reminders-

No Classes

Monday, February 19th for Presidents 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.

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