

May 2024



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			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 ZUMBA	FUNCTIONAL FITNESS	water fitness 8:30-9:30am ZUMBA	
9am	LES MILLS BODYPUMP® 9:05-10:05am	LES MILLS RPM 9am-9:30am LES MILLS sprint	LES MILLS BODYPUMP® 9:05-10:05am	8:30-9:30am	LES MILLS BODYPUMP® 9:05-10:05am	
10:15am	LES MILLS BODYBALANCE 10:15-11:15am	GENTLE YOGA 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	<p><u>Class Changes:</u></p> <p>Try out Functional Fitness on Thursday mornings @ 8:30am.</p> <p>Hatha Flow is now on Thursday mornings @ 10:15am</p>	
4:30pm			LES MILLS sprint 5:30-6pm			
5:30pm	LES MILLS BODYPUMP® 5:30-6:30pm		LES MILLS EXPRESS BODYPUMP ▶▶ 6-6:50pm			

-Schedule Reminders-

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

Active Kid Care Hours

Monday- Fridays- 8:30am-11:30am

Monday-Wednesday 5:10p-7pm