

March 2025



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		LES MILLS FUNCTIONAL STRENGTH 6:15-7am	LES MILLS sprint 6:30-7am	LES MILLS FUNCTIONAL STRENGTH 6:15-7am		
8:30am	water fitness 8:30-9:30am		water fitness 8:30-9:30am		water fitness 8:30-9:30am	
	ZUMBA 8:30-9am	LES MILLS CORE 8:30-9am				
9am	LES MILLS BODYPUMP® 9:05-10:05am	LES MILLS sprint 9am-9:30am	LES MILLS BODYPUMP® 9:05-10:05 am	LES MILLS Shapes 9am-9:45am	LES MILLS BODYPUMP® 9:05-10:05am	
10:15am	LES MILLS BODYBALANCE 10:15-11:15am	GENTLE YOGA 10:15-11:15am	LES MILLS Shapes 10:15-11am	YOGA FOR EVERYONE 10:15-11:15am	LES MILLS BODYBALANCE 10:15am-11:15am	3/1 & 3/15 LES MILLS Shapes 10:15-11am
						3/8 & 3/22 Strength Development 10:15-11am
12:10pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS BODYSTEP 11th/25th LES MILLS sprint 4th/18th 12:10-12:50pm	Strength Development 12:10-12:50pm	LES MILLS sprint 12:10-12:45pm	LES MILLS Shapes 12:10-12:50pm	
	5:10pm 5:30pm	Strength Development 5:30-6:30pm	LES MILLS FUNCTIONAL STRENGTH 5:10-6pm	LES MILLS sprint 5:30-6pm	LES MILLS sprint 5:30-6pm	LES MILLS SPRING BASH Launch Saturday, March 29th 9am-12:30pm
6pm		LES MILLS BODYCOMBAT 6:10-6:45pm	LES MILLS EXPRESS BODYPUMP 6-6:50pm	LES MILLS Shapes 6-6:45pm		

BodyStep will be held @ 12:10pm on the 3/11 & 3/25

SPRINT will be held @ 12:10pm on 3/4 & 3/18.

Saturday Classes- 3/1 & 3/15- Shapes

3/8 & 3/22- Stregth Development

Active Kid Care Hours

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

Monday-Wednesday 5:10p-7pm