



# April 2025



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		<b>LES MILLS FUNCTIONAL STRENGTH</b> 6:15-7am	<b>LES MILLS sprint</b> 6:30-7am	<b>LES MILLS FUNCTIONAL STRENGTH</b> 6:15-7am		
	<b>water fitness</b> 8:30-9:30am		<b>water fitness</b> 8:30-9:30am		<b>water fitness</b> 8:30-9:30am	
8:30am	<b>ZUMBA</b> 8:30-9am	<b>LES MILLS CORE</b> 8:30-9am				
9am	<b>LES MILLS BODYPUMP®</b> 9:05-10:05am	<b>LES MILLS sprint</b> 9am-9:30am	<b>LES MILLS BODYPUMP®</b> 9:05-10:05am	<b>LES MILLS Shapes</b> 9am-9:45am	<b>LES MILLS BODYPUMP®</b> 9:05-10:05am	
10:15am	<b>LES MILLS BODYBALANCE</b> 10:15-11:15am	<b>GENTLE YOGA</b> 10:15-11:15am	<b>LES MILLS Shapes</b> 10:15-11am	<b>YOGA FOR EVERYONE</b> 10:15-11:15am	<b>LES MILLS BODYBALANCE</b> 10:15am-11:15am	3/5 & 3/19 <b>Strength Development</b> 10:15-11am
						3/12 & 3/26 <b>LES MILLS Shapes</b> 10:15-11am
12:10pm	<b>LES MILLS EXPRESS BODYPUMP</b> 12:10-12:50pm	<b>LES MILLS sprint</b> 1st/15th/29th <b>LES MILLS BODYSTEP</b> 8th/22nd 12:10-12:50pm	<b>Strength Development</b> 12:10-12:50pm	<b>LES MILLS sprint</b> 12:10-12:45pm	<b>LES MILLS Shapes</b> 12:10-12:50pm	
5:10pm 5:30pm	<b>Strength Development</b> 5:30-6:30pm	<b>LES MILLS FUNCTIONAL STRENGTH</b> 5:10-5:55pm	<b>LES MILLS sprint</b> 5:30-6pm	<b>LES MILLS sprint</b> 5:30-6pm		
6pm		<b>LES MILLS BODYCOMBAT</b> 6:10pm-7pm	<b>LES MILLS EXPRESS BODYPUMP</b> 6-6:50pm	<b>LES MILLS Shapes</b> 6-6:45pm		

**SPRINT will be held @ 12:10pm on the 4/1,4/15 & 4/29.**

**BodyStep will be held @ 12:10pm on 4/8 & 4/22.**

**Saturday Classes- 4/12 & 4/26 Shapes**

**4/5 & 4/19- Stregth Development**

**Active Kid Care Hours**

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

Monday-Wednesday 5:10p-7pm