

May 2025



	<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 FUNCTIONAL STRENGTH 6:15-7am		
	water fitness 8:30-9:30am		water fitness 8:30-9:30am		water fitness 8:30-9:30am	
8:30am	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® 9:05-10:05am	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	5/3, 5/17 & 5/31 LES MILLS FUNCTIONAL STRENGTH 10:15-11am
						5/10 & 5/24 LES MILLS Shapes 10:15-11am
12:10pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS BODYSTEP 6th & 20th 13th & 27th LES MILLS sprint 12:10-12:50pm	LES MILLS EXPRESS BODYPUMP 12:10-12:50pm	LES MILLS sprint 12:10-12:45pm	LES MILLS Shapes 12:10-12:50pm	
5:10pm 5:30pm	LES MILLS BODYPUMP® 5:30-6:30pm	water fitness 4:30-5:30pm	LES MILLS sprint 5:30-6pm	LES MILLS sprint 5:30-6pm	<p>No Classes on Monday, May 26th Memorial Day!</p>	
6pm		LES MILLS BODYCOMBAT 5:30-6:15pm	LES MILLS EXPRESS BODYPUMP 6-6:50pm	LES MILLS Shapes 6-6:45pm		

SPRINT will be held @ 12:10pm on the 5/13 & 5/27.

BodyStep will be held @ 12:10pm on 5/6 & 5/20.

Saturday Classes- 5/10 & 5/24 Shapes

5/3- 5/17 & 5/31-Functional Strength

Active Kid Care Hours

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

Monday-Wednesday 5:10p-7pm