



# June 2025



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
			<b>LES MILLS</b> <b>sprint</b> 6:30-7am	<b>LES MILLS</b> <b>FUNCTIONAL STRENGTH</b> 6:30-7:15am		
	<b>water fitness</b> 8:00-9:00am		<b>water fitness</b> 8:00-9:00am		<b>water fitness</b> 8:00-9:00am	
8:30am	<b>ZUMBA</b> 8:30-9am	<b>LES MILLS</b> <b>CORE</b> 8:30-9am				
9am	<b>LES MILLS</b> <b>BODYPUMP®</b> 9:05-10:05am	<b>LES MILLS</b> <b>sprint</b> 9am-9:30am	<b>LES MILLS</b> <b>BODYPUMP®</b> 9:05-10:05 am	<b>LES MILLS</b> <b>Shapes</b> 9am-9:45am	<b>LES MILLS</b> <b>BODYPUMP®</b> 9:05-10:05am	
10:15am	<b>LES MILLS</b> <b>BODYBALANCE</b> 10:15-11:15am	<b>GENTLE YOGA</b> 10:15-11:15am	<b>LES MILLS</b> <b>Shapes</b> 10:15-11am	<b>YOGA</b> FOR EVERYONE 10:15-11:15am	<b>LES MILLS</b> <b>BODYBALANCE</b> 10:15am-11:15am	7-Jun <b>LES MILLS</b> <b>Shapes</b> 10:15-11am
						21-Jun <b>LES MILLS</b> <b>FUNCTIONAL STRENGTH</b> 10:15-11am
12:10pm	<b>LES MILLS</b> <b>BODYPUMP</b> EXPRESS 12:10-12:50pm	<b>LES MILLS</b> <b>BODYSTEP</b> 3rd & 17th 10th & 24th <b>sprint</b> 12:10-12:50pm	<b>LES MILLS</b> <b>BODYPUMP</b> EXPRESS 12:10-12:50pm	<b>LES MILLS</b> <b>sprint</b> 12:10-12:45pm	<b>LES MILLS</b> <b>Shapes</b> 12:10-12:50pm	
5:10pm 5:30pm	<b>LES MILLS</b> <b>BODYPUMP®</b> 5:30-6:30pm	<b>water fitness</b> 4:30-5:30pm	<b>LES MILLS</b> <b>sprint</b> 5:30-6pm	<b>LES MILLS</b> <b>sprint</b> 5:30-6pm	<div> No Classes on Thursday, June 19th Juneteenth Holiday! </div>	
6pm		<b>LES MILLS</b> <b>BODYCOMBAT</b> 5:30-6:15pm	<b>LES MILLS</b> <b>BODYPUMP</b> EXPRESS 6-6:50pm	<b>LES MILLS</b> <b>Shapes</b> 6-6:45pm		

SPRINT will be held @ 12:10pm on the 6/10 & 6/24.

BodyStep will be held @ 12:10pm on 6/3 & 6/17.

Saturday Classes- 6/7 Shapes

6/21 Functional Strength

## Active Kid Care Hours

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

Monday-Wednesday 5:10p-7pm