



AUGUST 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		LES MILLS FUNCTIONAL STRENGTH 6:15- 7:00	LES MILLS sprint 6:15- 7:00	LES MILLS FUNCTIONAL STRENGTH 6:15- 7:00		
8:00	water fitness 8:00-900		water fitness 8:00-900		water fitness 8:00-900	
8:30	ZUMBA 8:30-9:00	LES MILLS CORE 8:30-9:00				
9:00	LES MILLS BODYPUMP® 9:05-10:05	LES MILLS sprint 9:00-9:30	LES MILLS BODYPUMP® 9:05-10:05	LES MILLS Shapes 9:00-9:45	LES MILLS BODYPUMP® 9:05-10:05	
10:15	LES MILLS BODYBALANCE 10:15-11:15	GENTLE YOGA 10:15-11:15	LES MILLS Shapes 10:15-11:00	YOGA 10:15-11:15	LES MILLS BODYBALANCE 10:15-11:15	
12:10	LES MILLS BODYPUMP >> 12:10-12:50	LES MILLS sprint BODYSTEP 12:10-12:50	LES MILLS BODYPUMP >> 12:10-12:50	LES MILLS sprint 12:10-12:50	LES MILLS Shapes 12:10-12:50	
4:30		water fitness 4:30-5:30				
5:30	LES MILLS BODYPUMP® 5:30-6:30	LES MILLS BODYCOMBAT 5:30-6:30	LES MILLS sprint 5:30-6:30	LES MILLS sprint 5:30-6:30		
6:00			LES MILLS BODYPUMP >> 6:00-6:50			

SPRINT WILL BE HELD @ 12:10PM ON THE 5TH, 19TH.
BODYSTEP WILL BE HELD @ 12:10PM ON 12TH, 26TH.
SHAPES CLASS (CORE FOCUSED) TUESDAY THE 19TH AT 8:30
NO CLASSES 22ND FACILITY CLOSED

ACTIVE KID CARE HOURS
MONDAY- FRIDAYS- 8:30AM-11:30AM
MONDAY-WEDNESDAY 5:10P-7PM