



# July 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> 6:30-7am		
	<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	
12:10pm	<b>LES MILLS</b> <b>BODYPUMP</b> EXPRESS 12:10-12:50pm	15th, 22th & 29th <b>LES MILLS</b> <b>BODYSTEP</b> 1st & 8th <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	<b>No Classes on Friday, July 4th!</b>	
6pm		<b>LES MILLS</b> <b>BODYCOMBAT</b> 5:30-6:15pm	<b>LES MILLS</b> <b>BODYPUMP</b> EXPRESS 6-6:50pm			

SPRINT will be held @ 12:00pm on the 8th, 22th.  
 BodyStep will be held @ 12:00pm on 1st, 15th & 29th.  
 Fuctional Strength will be held Thursdays and 7th @ 12pm & 9th @ 9am  
 No Yoga - 7/3  
 No Core -7/8

**Active Kid Care Hours**  
 Monday- Fridays- 8:30am-11:30am  
 Monday-Wednesday 5:10p-7pm