



# AUGUST 2025



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		<small>LES MILLS</small> <b>FUNCTIONAL STRENGTH</b> 6:15- 7:00	<small>LES MILLS</small> <b>sprint</b> 6:15- 7:00	<small>LES MILLS</small> <b>FUNCTIONAL STRENGTH</b> 6:15- 7:00		
8:00	 8:00-9:00		 8:00-9:00		 8:00-9:00	
8:30	 8:30-9:00	<small>LES MILLS</small> <b>CORE</b> 8:30-9:00				
9:00	<small>LES MILLS</small> <b>BODYPUMP</b> 9:05-10:05	<small>LES MILLS</small> <b>sprint</b> 9:00-9:30	<small>LES MILLS</small> <b>BODYPUMP</b> 9:05-10:05	<small>LES MILLS</small> <b>Shapes</b> 9:00-9:45	<small>LES MILLS</small> <b>BODYPUMP</b> 9:05-10:05	
10:15	<small>LES MILLS</small> <b>BODYBALANCE</b> 10:15-11:15	<b>GENTLE YOGA</b> 10:15-11:15	<small>LES MILLS</small> <b>Shapes</b> 10:15-11:00	 10:15-11:15	<small>LES MILLS</small> <b>BODYBALANCE</b> 10:15-11:15	
12:10	<small>LES MILLS</small> <b>BODYPUMP EXPRESS</b> 12:10-12:50	<small>LES MILLS</small> <b>sprint</b> <b>LES MILLS BODYSTEP</b> 12:10-12:50	<small>LES MILLS</small> <b>BODYPUMP EXPRESS</b> 12:10-12:50	<small>LES MILLS</small> <b>sprint</b> 12:10-12:50	<small>LES MILLS</small> <b>Shapes</b> 12:10-12:50	
4:30		 4:30-5:30				
5:30	<small>LES MILLS</small> <b>BODYPUMP</b> 5:30-6:30	<small>LES MILLS</small> <b>BODYCOMBAT</b> 5:30-6:30	<small>LES MILLS</small> <b>sprint</b> 5:30-6:00	<small>LES MILLS</small> <b>sprint</b> 5:30-6:00		
6:00			<small>LES MILLS</small> <b>BODYPUMP EXPRESS</b> 6:05-6:50	<small>LES MILLS</small> <b>Shapes</b> 6:05-6:45		

SPRINT WILL BE HELD @ 12:10PM ON THE 5TH, 19TH.  
ODYSTEP WILL BE HELD @ 12:10PM ON 12TH, 26TH.

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