

OCTOBER 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		6:30-7:15AM LES MILLS FUNCTIONAL STRENGTH	6:30-7AM LES MILLS sprint	6:30-7:15AM LES MILLS FUNCTIONAL STRENGTH		
8:00AM	8:30-9:30AM water fitness		8:30-9:30AM water fitness		8:30-9:30AM water fitness	
8:30AM	8:30-9AM ZUMBA	8:30-9AM LES MILLS CORE				
9:00AM	9:05-10:05AM LES MILLS BODYPUMP	9:00-9:30AM LES MILLS sprint	9:05-10:05AM LES MILLS BODYPUMP	9AM-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS BODYPUMP	9AM-10AM LES MILLS FUNCTIONAL STRENGTH
10:15AM	10:15-11:15AM LES MILLS BODYBALANCE	10:15-11:15AM GENTLE YOGA	10:15-11AM LES MILLS Shapes	10:15-11:15AM YOGA FOR EVERYONE	10:15-11:15AM LES MILLS BODYBALANCE	10:15-11AM LES MILLS Shapes
12:10PM	12:10-12:50PM LES MILLS EXPRESS BODYPUMP	12:10-12:50PM LES MILLS BODYSTEP sprint	12:10-12:50PM LES MILLS EXPRESS BODYPUMP	12:10-12:50PM LES MILLS sprint	12:10-12:50PM LES MILLS Shapes	
4:30PM		4:30-5:30 water fitness				
5:30PM	5:30-6:30PM LES MILLS BODYPUMP	5:30-6:30PM LES MILLS BODYCOMBAT	5:30-6PM LES MILLS sprint	5:30-6PM LES MILLS sprint	ACTIVE KID CARE HOURS <ul style="list-style-type: none"> MONDAY- FRIDAYS- 8:30AM-11:30AM, MONDAY- WEDNESDAY 5:10P- 7PM SAVE THE DATE! <ul style="list-style-type: none"> - LES MILLS LAUNCH – SATURDAY 11/1 @ 10AM - PINK YOGA 16TH @ 12 	
6:00PM			6:05-6:50PM LES MILLS EXPRESS BODYPUMP	6:05-6:45PM LES MILLS Shapes		

- **NO CLASSES**
 - **INDIGENOUS PEOPLES' DAY – MONDAY, 10/13 (ALL CLASSES CANCELED)**
- **SHAPES – THURSDAY, 10/3 @ 12:10PM AND THURSDAY, 10/23 @ 6:00PM**
→ FUNCTIONAL STRENGTH WILL BE OFFERED INSTEAD ON BOTH DATES
- **BODY BALANCE – FRIDAY, 10/10 (CANCELED)**
- **TUESDAY (12:10PM)- CLASSES - SPRINT – 9/30, 10/14, 10/28, BODYSTEP – 10/7, 10/21**