

FEBRUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		6:15-7AM 24/7 ACCESS Strength Development	6:30-7AM 24/7 ACCESS LES MILLS sprint	6:15-7AM 24/7 ACCESS Strength Development	6:15-7:15AM 24/7 ACCESS LES MILLS yoga	
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 CORE				
9:00AM	9:05-10:05AM LES MILLS BODYPUMP	9:00-9:30AM LES MILLS sprint	9:05-10:05AM LES MILLS BODYPUMP HEAVY	9AM-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS BODYPUMP	9AM-10AM 24/7 ACCESS LES MILLS BODYPUMP Strength Development
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 BODYPUMP HEAVY	12:10-12:50PM LES MILLS BODYSTEP sprint	12:10-12:50PM LES MILLS BODYPUMP OPEN	12:10-12:50PM LES MILLS sprint	12:10-12:50PM CORE	
4:30PM		4:30-5:30 water fitness			ACTIVE KID CARE HOURS: - MONDAY-FRIDAYS- 8:30AM-11:30AM - MONDAY-WEDNESDAY 5:10P-7PM TUESDAY (12:10PM) CLASS: - SPRINT- 1/27, 2/10, 2/24, - BODY STEP - 2/3, 2/17 THURSDAY (5:15PM) CLASS - SPRINT - 1/29, 2/12, 2,26, - STRENGTH DEVELOPMENT 2/5, 2/19 FRIDAY (6:15AM) LES MILLS YOGA: 2/6, 1/13	
5:30PM	5:30-6:30PM LES MILLS BODYPUMP HEAVY	5:30-6:30PM LES MILLS BODYCOMBAT	5:30-6PM LES MILLS sprint	5:30PM-6PM LES MILLS sprint Strength Development		
6:00PM			6:05-6:50PM LES MILLS BODYPUMP OPEN	6:05-6:45PM LES MILLS Shapes		

CLASS & FACILITY UPDATES

- MODIFIED HOURS:** 2/16 (PRESIDENT'S DAY) HOURS 7AM-12PM
- CLASS CANCELLATIONS/CHANGES:** 1/27 8:30AM NO CORE WILL BE SHAPES, 1/30 10:15 NO BODYBALANCE WILL BE YOGA, No CLASSES 2/14 (VALENTINE'S DAY), 2/16 NO ZUMBA AT 8:30AM OR CLASSES AFTER 10:15AM, 2/28 NO 10:10AM SHAPES CLASS

24/7 IS NEEDED FOR CLASS OUTSIDE OF NORMAL BUSINESS HOURS