

JANUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		6:15-7AM Strength Development	6:30-7AM LES MILLS sprint	6:15-7AM Strength Development		
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 HEAVY	9AM-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS BODYPUMP	9AM-10AM LES MILLS BODYPUMP HEAVY 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	12:10-12:50PM LES MILLS sprint	12:10-12:50PM LES MILLS CORE	
4:30PM		4:30-5:30 water fitness			ACTIVE KID CARE HOURS: - MONDAY-FRIDAYS- 8:30AM-11:30AM, - MONDAY-WEDNESDAY 5:10P-7PM EVENTS: 1/3 – 10AM- PM NEW YEARS LAUNCH TUESDAY (12:10PM) CLASS: - SPRINT- 1/13, 1/27 BODYSTEP – 12/30, 1/6, 1/20	
5:30PM	5:30-6:30PM LES MILLS BODYPUMP BODYPUMP HEAVY	5:30-6:30PM LES MILLS BODYCOMBAT	5:30-6PM LES MILLS sprint	5:15PM-6PM Strength Development		
6:00PM			6:05-6:50PM LES MILLS BODYPUMP	6:05-6:45PM LES MILLS Shapes		

CLASS & FACILITY UPDATES

- MODIFIED HOURS:** 12/31 NEW YEAR'S EVE HOURS 7AM-5PM, 1/2 HOURS 10AM-2PM
- FACILITY CLOSED:** 1/1 NEW YEAR'S DAY, 1/19 MLK DAY
- CLASS CANCELLATIONS/CHANGES:** 1/17 @ 10:15AM NO SHAPES, 1/27 @ 8:30AM CORE, 1/30 @ 10:15AM NO ~~BODYFLOW~~