

# MARCH 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:15AM 24/7 ACCESS LES MILLS yoga	6:15-7AM 24/7 ACCESS LES MILLS Strength Development	6:30-7AM 24/7 ACCESS LES MILLS sprint	6:15-7AM 24/7 ACCESS LES MILLS 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 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	9:15AM-10AM 24/7 ACCESS 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 CORE	
4:30PM		4:30-5:30 water fitness			<b>ACTIVE KID CARE HOURS:</b> <ul style="list-style-type: none"> <li>MONDAY-FRIDAYS- 8:30AM-11:30AM</li> <li>MONDAY-WEDNESDAY 5:10P-7PM</li> </ul>	
5:30PM	5:30-6:30PM LES MILLS BODYPUMP HEAVY	5:30-6PM LES MILLS BODYCOMBAT	5:30-6PM LES MILLS sprint	5:30PM-6PM LES MILLS sprint	<b>TUESDAY (12:10PM) CLASS:</b> <ul style="list-style-type: none"> <li>SPRINT- 3/3, 3/17, 3/24</li> <li>BODY STEP – 3/10, 3/31</li> </ul> <b>MONDAY (6:15AM) LES MILLS YOGA:</b> <ul style="list-style-type: none"> <li>3/2, 3/9, 3/23, 3/30</li> </ul> <b>SATURDAY 9:15 CLASS</b> <ul style="list-style-type: none"> <li>BODYPUMP HEAVY – 3/14, 3/28</li> <li>STRENGTH DEVELOPMENT – 3/7, 3/21, 4/4</li> </ul>	
6:00PM			6:05-6:50PM LES MILLS BODYPUMP	6:05-6:45PM LES MILLS Shapes		

## CLASS CANCELLATIONS & FACILITY UPDATES

- **TUESDAY 3/3:** NO CORE OR SPRINT WILL BE BODYPUMP
- **SATURDAY 3/7:** NO SHAPES AT 10:10 AM WITH BE BODYCOMBAT
- **MONDAY 3/16:** NO, LES MILLS YOGA; NO 9:00 AM BODYPUMP; 5:30 BODYPUMP HEAVY WILL BE JUST BODYPUMP
- **WEDNESDAY 3/18:** NO 9AM BODY PUMP
- **THURSDAY 3/19:** NO 9:00 AM SHAPES

IF THERE ARE ANY ADDITIONAL CHANGES, WE WILL NOTIFY YOU VIA EMAIL AND POST UPDATED SIGNAGE IN THE FACILITY.