

APRIL 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:15AM 24/7 ACCESS YOGA FOR EVERYONE	6:15-7AM 24/7 ACCESS Strength Development	6:30-7AM 24/7 ACCESS LesMILLS sprint	6:15-7AM 24/7 ACCESS 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 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			ACTIVE KID CARE HOURS:	
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	<ul style="list-style-type: none"> MONDAY-FRIDAYS- 8:30AM-11:30AM MONDAY-WEDNESDAY 5:10P-7PM TUESDAY (12:10PM) CLASS: <ul style="list-style-type: none"> SPRINT- 4/7, 4/21 BODY STEP -3/31, 4/14/4/28 	
6:00PM			6:05-6:50PM LES MILLS BODYPUMP	6:05-6:45PM LES MILLS Shapes	FACILITY UPDATES: <ul style="list-style-type: none"> 4/17 FACILITY CLOSSES AT 4 	

CLASS CANCELLATIONS:

- **SATURDAY 4/4:** NO STRENGTH DEVELOPMENT @ 9AM
- **SATURDAY 4/11:** NO SHAPES @ 10:10AM
- **FRIDAY 4/17:** NO BODYBALANCE @ 10:15 AM
- **TUESDAY 4/21:** NO BODYCOMBAT @ 5:30PM
- **SATURDAY 5/2:** NO STRENGTH DEVELOPMENT @ 9AM

ANY ADDITIONAL CHANGES, WE WILL NOTIFY VIA EMAIL AND SIGNAGE IN THE FACILITY.