










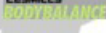















MAY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:15AM 24/7 ACCESS REQUIRED 	6:15-7AM 24/7 ACCESS REQUIRED Strength Development	6:30-7AM 24/7 ACCESS REQUIRED 	6:15-7AM 24/7 ACCESS REQUIRED Strength Development		
8:00AM	8:30-9:30AM 		8:30-9:30AM 		8:30-9:30AM 	
8:30AM	8:30-9AM 	8:30-9AM 				
9:00AM	9:05-10:05AM LES MILLS 	9:00-9:30AM LES MILLS 	9:05-10:05AM LES MILLS 	9AM-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS 	
10:15AM	10:15-11:15AM LES MILLS 	10:15-11:15AM GENTLE YOGA	10:15-11AM LES MILLS Shapes	10:15-11:15AM 	10:15-11:15AM LES MILLS 	10:15-11AM Strength Development LES MILLS Shapes
12:10PM	12:10-12:50PM LES MILLS 	12:10-12:50PM LES MILLS 	12:10-12:50PM LES MILLS 	12:10-12:50PM LES MILLS 	12:10-12:50PM 	
4:30PM		4:30-5:30 			ACTIVE KID CARE HOURS: <ul style="list-style-type: none"> MONDAY-FRIDAYS 8:30AM-11:30AM MONDAY-WEDNESDAY 5:10P-7PM 	
5:30PM	5:30-6:30PM LES MILLS 	5:30-6PM LES MILLS 	5:30-6PM LES MILLS 	5:30PM-6PM LES MILLS 	TUESDAY (12:10PM) CLASS: <ul style="list-style-type: none"> BODY STEP - 4/28, 5/5, 5/19 SPRINT - 5/12, 5/26 	
6:00PM			6:05-6:50PM LES MILLS 	6:05-6:45PM LES MILLS Shapes	SATURDAY (10:15PM) CLASS: <ul style="list-style-type: none"> STRENGTH DEVELOPMENT - 5/9, 5/30 SHAPES - 5/2, 5/23 	

CLASS CANCELLATIONS

- 5/8 - NO CORE CLASS AT 12:10PM
- 5/11 - 10:15AM NO BODYBALANCE
- 5/16 - NO SATURDAY CLASS
- 5/19 - NO BODYCOMBAT AT 5:30PM

CLASS CHANGES

- 5/12 - 8:30AM CORE WILL BE SHAPES
- 5/15 - 8:30AM CORE WILL BE SHAPES
- 5/19 - 8:30AM CORE WILL BE SHAPES

ANY ADDITIONAL CHANGES WILL BE NOTIFIED VIA EMAIL LIST AND SIGNAGE IN FACILITY.