




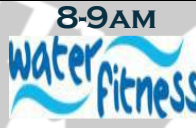








# JUNE 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:15AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength Development 	6:30-7:00AM 24/7 ACCESS REQUIRED 			
8:00AM	8-9AM 		8-9AM 		8-9AM 	
8:30AM	8:30-9AM 	8:30-9AM 				
9:00AM	9:05-10:05AM LES MILLS <b>BODYPUMP</b>	9-9:30AM LES MILLS <b>sprint</b>	9:05-10:05AM LES MILLS <b>BODYPUMP HEAVY</b>	9-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS <b>BODYPUMP</b>	
10:15AM	10:15-11:15AM LES MILLS <b>BODYBALANCE</b>	10:15-11:15AM <b>GENTLE YOGA</b>	10:15-11AM LES MILLS Shapes	10:15-11:15AM 	10:15-11:15AM LES MILLS <b>BODYBALANCE</b>	10:15-11AM Strength Development LES MILLS Shapes
12:10PM	12:10-12:50PM LES MILLS <b>BODYPUMP HEAVY</b>	12:10-12:50PM LES MILLS <b>BODYSTEP sprint</b>	12:10-12:50PM 	12:10-12:50PM LES MILLS <b>sprint</b>	12:10-12:50PM LES MILLS <b>BODYCOMBAT</b>	
4:30PM		4:30-5:30 			<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 <b>BODYPUMP HEAVY</b>	5:30-6:00PM LES MILLS <b>BODYCOMBAT</b>	5:30-6:00PM LES MILLS <b>sprint</b>	5:30PM-6:00PM LES MILLS <b>sprint</b>	<b>TUESDAY (12:10PM) CLASS:</b> <ul style="list-style-type: none"> <li>BODY STEP- 6/2,6/16,6/30</li> <li>SPRINT- 6/9,6/23</li> </ul> <b>SATURDAY (10:15PM) CLASS:</b> <ul style="list-style-type: none"> <li>STRENGTH DEVELOPMENT – 6/6,6/20</li> <li>SHAPES- 6/13,6/27</li> </ul>	
6:00PM			6:05-6:50PM 	6:05-6:45PM LES MILLS Shapes		

## CLASS CANCELLATIONS

- 6/1 - No ZUMBA CLASS AT 8:30AM
- 6/2 - No BODYCOMBT AT 5:30PM
- 6/4 - NO SHAPES AT 9AM
- 6/19 NO BODYCOMABT AT 12PM

## CLASS CHANGES

- 6/4- 9AM SHAPES WILL BE BODYPUMP HEAVY
- 6/4 – 6:05 PM SHAPES WILL BE BODYPUMP

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