












# JULY 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 <sup>LES MILLS</sup> Development	6:30-7:00AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength <sup>LES MILLS</sup> Development		
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 <b>LES MILLS Shapes</b>	10:15-11:15AM 	10:15-11:15AM <b>LES MILLS BODYBALANCE</b>	10:15-11:15AM Strength <sup>LES MILLS</sup> Development
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 <b>LES MILLS 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> <b>TUESDAY (12:10PM) CLASS:</b> <ul style="list-style-type: none"> <li>BODY STEP- 5/30, 7/6, 7/21</li> <li>SPRINT- 7/28</li> </ul> <b>SATURDAY (10:15) CLASS:</b> <ul style="list-style-type: none"> <li>7/11 AND 7/18</li> <li>NO CLASS – 7/4, 7/25, AND 8/1</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>		
6:00PM			6:05-6:50PM 	6:05-6:45PM <b>LES MILLS Shapes</b>		

### CLASS CANCELLATIONS

- 7/13 NO BODYPUMP AT 9AM

### CLASS CHANGES

- \*7/8 – 5:30PM SHAPES WILL BE BODYCOMBAT
- \*7/9 – 6:05 PM SHAPES WILL BE BODYPUMP
- \*7/13- 12PM BODYPUMP HEAVY WILL BE BODYPUMP
- \*7/15 – 5:30PM SPRINT WILL BE BODYCOMBAT
- \* 7/14- BODYSTEP WILL BE BODYPUMP
- \*7/20- 12PM BODYPUMP HEAVY WILL BE BODYPUMP

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