

AUGUST 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 LES MILLS	6:30-7:00AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength Development LES MILLS		
8:00AM	8:30AM-9:30AM 		8:30AM-9:30AM 		8:30AM-9:30AM 	
8:30AM	8:30-9AM 					
9:00AM	9:05-10:05AM LES MILLS BODYPUMP	9-9:30AM LES MILLS sprint	9:05-10:05AM LES MILLS BODYPUMP HEAVY	9-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS BODYPUMP	
10:15AM	10:15-11:15AM LES MILLS CORE	10:15-11:15AM GENTLE YOGA	10:15-11AM LES MILLS Shapes	10:15-11:15AM 	10:15-11:15AM LES MILLS BODYBALANCE	10:15-11:15AM LES MILLS Strength Development LES MILLS Shapes
12:10PM	12:10-12:50PM LES MILLS BODYPUMP HEAVY	12:10-12:50PM LES MILLS BODYSTEP LES MILLS sprint	12:10-12:50PM LES MILLS BODYPUMP EXPRESS	12:10-12:50PM LES MILLS sprint	12:10-12:50PM LES MILLS BODYCOMBAT LES MILLS CORE	
4:30PM		4:30-5:30 			TUESDAY (12:10PM) CLASS: - BODY STEP- 8/4,8/18, 9/1 - SPRINT: 7/28,8/11,8/25 FRIDAY (12:10PM) CLASS: - BODYCOMBAT – 7/31, 8/7, 8/14 - CORE – 8/21, 8/28, 9/4 SATURDAY (10:15) CLASS: - STRENGTH DEVELOPMENT – 8/1, 8/15, - SHAPES – 8/8, 8/22, 8/29, 9/5	
5:30PM	5:30-6:30PM LES MILLS BODYPUMP HEAVY	5:30-6:00PM LES MILLS BODYCOMBAT	5:30-6:00PM LES MILLS sprint	5:30PM-6:00PM LES MILLS sprint		
6:00PM		6:05-6:50PM LES MILLS BODYPUMP EXPRESS	6:05-6:50PM LES MILLS BODYPUMP EXPRESS	6:05-6:45PM LES MILLS Shapes		

CLASS CANCELLATIONS

- 8/3 NO YOGA AT 6:15 AM, NO ZUMBA AT 8:30AM, AND NO BODYPUMP AT 9AM
- 8/24 NO YOGA AT 6:15AM AND NO BODYPUMP 9AM

ACTIVE KID CARE HOURS

MONDAY- FRIDAYS- 8:30AM-11:30AM

MONDAY-WEDNESDAY 5:10P-7PM

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