

OCTOBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:00AM 24/7 ACCESS MEMBERSHIP REQUIRED 	6:15-7:00AM 24/7 ACCESS MEMBERSHIP REQUIRED Strength Development 	6:30-7:00AM 24/7 ACCESS MEMBERSHIP REQUIRED 	6:15-7:00AM 24/7 ACCESS MEMBERSHIP REQUIRED Strength Development 		
8:00AM	8:30AM-9:30AM 		8:30AM-9:30AM 		8:30AM-9:30AM 	
8:30AM	8:30-9AM 	8:30-9AM 				
9:00AM	9:05-10:05AM LES MILLS BODYPUMP	9-9:30AM LES MILLS 	9:05-10:05AM LES MILLS BODYPUMP HEAVY	9:05-9:45AM LES MILLS Shapes	9:05-10:05AM LES MILLS BODYPUMP	9:05AM-9:45AM 24/7 ACCESS MEMBERSHIP REQUIRED 
10:15AM	10:15-11AM 	10:15-11:15AM GENTLE YOGA	10:15-11AM LES MILLS Shapes	10:15-11:15AM 	10:15-11:15AM 	10:15-11:15AM Strength Development  LES MILLS Shapes
12:10PM	12:10-12:50PM 	12:10-12:50PM LES MILLS BODYSTEP 	12:10-12:50PM LES MILLS BODYPUMP HEAVY	12:10-12:50PM LES MILLS 	12:10-12:50PM LES MILLS BODYCOMBAT 	
4:30PM		4:30-5:30 			TUESDAY 12:10PM CLASS • BODYSTEP 9/29, 10/6, 10/20 • SPRINT- 10/13, 10/27	
5:30PM	5:30-6:30PM LES MILLS BODYPUMP HEAVY	5:30-6:00PM LES MILLS BODYCOMBAT	5:30-6:00PM LES MILLS 	5:30PM-6:00PM LES MILLS 	FRIDAY 12:10PM CLASS • BODY COMBAT – 10/16, 10/23, 10/30 • CORE – 10/2, 10/9	
6:00PM		6:05-6:50PM 	6:05-6:50PM 	6:05-6:45PM LES MILLS Shapes	SATURDAY 10:15 CLASS • STRENGTH DEVELOPMENT – 10/3, 10/17 • SHAPES – 10/10	

CLASS CANCELLATIONS

- 10/3: No CORE AT 9:00 AM
- 10/12: No CLASSES – FACILITY CLOSED

CLASS SUBSTITUTIONS

- 9/29: No BODYCOMBAT AT 5:30 PM – SPRINT WILL BE OFFERED INSTEAD
- 10/22: No SHAPES AT 6:45 PM – BODYPUMP WILL BE OFFERED INSTEAD.

ANY ADDITIONAL CHANGES WILL BE COMMUNICATED VIA EMAIL AND POSTED ON FACILITY SIGNAGE.