



# OCTOBER 2024



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		<b>LES MILLS CORE</b> 6:30-7am	<b>LES MILLS sprint</b> 6:30-7am			
8:30am	<b>water fitness</b> 8:30-9:30am		<b>water fitness</b> 8:30-9:30am		<b>water fitness</b> 8:30-9:30am	
		<b>LES MILLS CORE</b> 8:30-9am			<b>ZUMBA</b> 8:30-9am	
9am	<b>LES MILLS BODYPUMP®</b> 9:05-10:05am	<b>LES MILLS sprint</b> 9am-9:30am	<b>LES MILLS BODYPUMP®</b> 9:05-10:05am	<b>FUNCTIONAL FITNESS</b> 9-9:45am	<b>LES MILLS BODYPUMP®</b> 9:05-10:05am	
10:15am	<b>LES MILLS BODYBALANCE</b> 10:15-11:15am	<b>GENTLE YOGA</b> 10:15-11:15am		<b>YOGA FOR EVERYONE</b> 10:15-11:15am	<b>LES MILLS BODYBALANCE</b> 10:15am-11:15am	
12:10pm	<b>LES MILLS EXPRESS BODYPUMP</b> 12:10-12:50pm	<b>LES MILLS BODYSTEP</b> 12:10-12:50pm	<b>LES MILLS EXPRESS BODYPUMP</b> 12:10-12:50pm	<b>LES MILLS sprint</b> 12:10-12:45pm		
4:30pm		10/1- 10/15				
5:30pm	<b>LES MILLS BODYPUMP®</b> 5:30-6:30pm	<b>LES MILLS CORE</b> 5:30-6:15pm	<b>LES MILLS sprint</b> 5:30-6pm			
6pm			<b>LES MILLS EXPRESS BODYPUMP</b> 6-6:50pm			

## **-Schedule Reminders-**

All Early Morning Classes require 24/7 Membership Access to attend.

NOON BodyStep will be offered 10/1-10/15 & 10/29- NOON SPRINT will be held 10/8 & 10/22

Tuesday evening CORE will be every other week on 10/1- 10/15 & 10/29.

### Active Kid Care Hours

Monday- Fridays- 8:30am-11:30am

Monday-Wednesday 5:10p-7pm