## SEPTEMBER 2024

Monday Tuesday Wednesday Thursday Friday S  Sprint  6:30-7am  waterfitness  waterfitness	<u>aturday</u>
6:30-7am	
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Waternings	
8:30-9:30am 8:30-9:30am 8:30-9:30am	
8:30am CORE	
8:30-9am 8:30-9am	
9am Lesmills Sprint Lesmills Functional Lesmills	
BODYPUMP® BODYPUMP® BODYPUMP® BODYPUMP®	
9:05-10:05am 9 <sub>am-9:30am</sub> 9:05-10:05am 9 <sub>-9:45am</sub> 9:05-10:05am	
Lesmills BODYBALANCE YOGA Lesmills BODYBALANCE	
10:15-11:15am 10:15-11:15am 10:15-11:15am	
10:15am	
12:10pm LESMILLS BODYSTEP LESMILLS LESMILLS No Classes	
IDANVOIMD AND INC. INC. INC. INC. INC. INC. INC. INC.	
- Indiday, Sept	. 2nd.
12:10-12:50pm 12:10-12:50pm 12:10-12:45pm	
4:30pm	-
Sorial Sorial	
5:30pm Lesmills 5:30-6pm	au)
BODYPUMP® LEFMLLE DINK	uy
5:30-6:30pm DANVOILLED	
6pm 6-6:50pm	
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## -Schedule Reminders-

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

Active Kid Care Hours

Monday- Fridays- 8:30am-11:30am Monday-Wednesday 5:10p-7pm