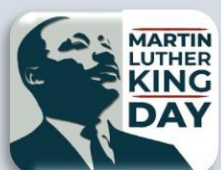


January 2025



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
		LES MILLS CORE 6:30-7am	LES MILLS sprint 6:30-7am	LES MILLS FUNCTIONAL STRENGTH 6:15-7am		
8:30am	water fitness 8:30-9:30am		water fitness 8:30-9:30am		water fitness 8:30-9:30am	
	ZUMBA 8:30-9am	LES MILLS CORE 8:30-9am				
9am	LES MILLS BODYPUMP® 9:05-10:05am	LES MILLS sprint 9am-9:30am	LES MILLS EXPRESS BODYPUMP ▶▶ 9:05-9:55am		LES MILLS BODYPUMP® 9:05-10:05am	
10:15am	LES MILLS BODYBALANCE 10:15-11:15am	GENTLE YOGA 10:15-11:15am	LES MILLS Shapes 10:15-11am	YOGA FOR EVERYONE 10:15-11:15am	LES MILLS BODYBALANCE 10:15am-11:15am	LES MILLS Shapes Strength Development 10-11am
12:10pm	LES MILLS EXPRESS BODYPUMP ▶▶ 12:10-12:50pm	LES MILLS sprint 12:10-12:50pm	LES MILLS EXPRESS BODYPUMP ▶▶ 12:10-12:50pm	LES MILLS sprint 12:10-12:45pm	Strength Development LES MILLS Shapes 12:10-12:50pm	
4:30pm		LES MILLS FUNCTIONAL STRENGTH 5-6pm	LES MILLS sprint 5:30-6pm	LES MILLS sprint 5:30-6pm		 No Classes Monday, Jan. 20th
5:30pm						
6pm	Strength Development 6-6:50pm	LES MILLS BODYCOMBAT 6-6:45pm	LES MILLS EXPRESS BODYPUMP ▶▶ 6-6:50pm	LES MILLS Shapes 6-6:45pm		

NO CLASSES, WEDNESDAY JAN 1ST.
Saturday morning classes start, Jan. 11th.

Active Kid Care Hours
 Monday- Fridays- 8:30am-11:30am
 Monday-Wednesday 5:10p-7pm