

SPECIAL GROUP EX SCHEDULE

SATURDAY, OCTOBER 9

Experience new music, new workouts, and new fun in our ever-popular LES MILLS™ classes. Their newest UNSTOPPABLE releases are among the hottest workout trends and will challenge, inspire, and motivate you. Enjoy your favorite or try something new.

Register on our app!

Saturday, October 9

This schedule replaces the standard Saturday schedule.

All except Aqua Athletics are LES MILLS™ classes.

8:30am	THE TRIP™	RIDE Studio
9:00am	Aqua Athletics	Outdoor Rec Pool
9:25am	BODYPUMP™	ENERGY Studio
10:00am	BODYSTEP™	ENERGY Studio
10:25am	TONE™	ENERGY Studio
10:50am	BODYCOMBAT™	ENERGY Studio
11:15am	SH'BAM™	ENERGY Studio
11:35am	BODYATTACK™	ENERGY Studio
12:00pm	BODYFLOW™	ENERGY Studio

