

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	BODYPUMP™	Main Court
	THE TRIP™	RIDE Studio
9:30am	BODYSTEP™	Main Court
	THE TRIP™	RIDE Studio
	Aqua Athletics	Outdoor Rec Pool
10:30am	CORE™	Main Court
	THE TRIP™	RIDE Studio
11:15am	BODYCOMBAT™	Main Court
11:30am	THE TRIP™	RIDE Studio
12:15pm	BODYFLOW™	Main Court

