

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.

LES MILLS™ classes are in red.

8:30am	BODYPUMP™ THE TRIP™	ENERGY Studio RIDE Studio
9:00am	Barre Aqua Athletics	ENDURANCE Studio Outdoor Rec Pool
9:45am	BODYCOMBAT™ STONE™	BALANCE Studio ENERGY Studio
10:00am	THE TRIP™	RIDE Studio
10:45am	BODYFLOW™ CORE™	BALANCE Studio ENERGY Studio
12:00pm	THE TRIP™	RIDE Studio
3:00pm	THE TRIP™	RIDE Studio

