



Les Mills LAUNCH = FREE CLASSES @ NORTH DODGE ATHLETIC CLUB

Non-members may attend any of the following classes for FREE. These classes will feature the newly released choreography for each class.

Friday June 10th

5:30am RPM/CX

Saturday June 11th

8am Grit

8:35am BodyPump

9:40am BodyStep

Sunday June 12th

8:30am BodyPump

9:40am BodyCombat

3:30pm ZUMBA!

Monday June 13th

5:30am RPM

5:30am BodyFlow

Tuesday June 14th

8:30am BodyFlow