



# Les Mills Launch Week February 14-19

ALL CLASSES ARE FREE TO THE PUBLIC!



LOVE  
YOUR  
BODY

*Exercise it!*

Friday, February 14

5:30am — RPM/Core

Saturday, February 15

8:35am — BodyPump

9:40am — BodyStep

Sunday, February 16

8:30am — BodyPump

Monday, February 17

5:30am — BodyBalance

4:45pm — BodyCombat

Wednesday, February 19

5:30am — Sprint/Core