



Les Mills Launch Week September 25-30

ALL CLASSES ARE FREE TO THE PUBLIC!



Friday, September 25

5:30am — RPM/Core

Saturday, September 26

8:35am — BodyPump

9:40am — BodyCombat

Sunday, September 27

8:30am — BodyPump

Monday, September 28

5:30am — BodyBalance

5:30am — Ceremony Studio

8:30am — Ceremony Studio

4:45pm — BodyCombat

Wednesday, September 30

5:30am — Sprint/Core

12:00pm — BodyPump Heavy