



# **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 January 20<sup>th</sup>**

**5:30am RPM/CX**

**Saturday January 21<sup>st</sup>**

**8:35am BodyPump**

**9:40am BodyStep**

**Sunday January 22<sup>nd</sup>**

**8:30am BodyPump**

**9:40am BodyCombat**

**Monday January 23<sup>rd</sup>**

**5:30am RPM**

**5:30am BodyBalance/Flow**

**Tuesday January 24<sup>th</sup>**

**8:30am BodyBalance/Flow**

**5:45pm BodyBalance/Flow**

**Wednesday January 25<sup>th</sup>**

**5:30am Sprint & CX Worx**

