



JOIN US FOR A SPECIAL 2-DAY CELEBRATION
Les Mills MIXER-LAUNCH
SAT. 7/2/22 & Sun. 7/3/22

SATURDAY 7/2/22

Studio 1

8:30 AM—CORE (Brenda & Jenn)

9:15 AM—BODYPUMP (Andrea & Brenda)

9:15 AM—CYCLE HIIT 30 (Jenn) studio 3

10:15 AM—BODYSTEP (Andrea & Kathy)

SUNDAY 7/3/22

Studio 1

8:30 AM—GRIT (Duane & Jerry)

8:30 AM— Cycle 45 (Dave) Studio 3

9:15 AM—BODYCOMBAT (Kate)

10:15 AM—BODYBALANCE (Destiny & Joanne)

Note—All other regular classes are cancelled for these days