



JANUARY WEEKEND SCHEDULE

SATURDAY - JOHN P. THAYER

Launch Dates	7-Jan	14-Jan	21-Jan	1/28/2022 *Sh'Bam*
9:00 a.m.	LES MILLS BODYPUMP Joy	LES MILLS BODYPUMP Jane	LES MILLS BODYPUMP Kayla	LES MILLS BODYPUMP Erica
10:15 a.m.	LES MILLS RPM Erica	LES MILLS RPM Alfreda	LES MILLS RPM Annika	LES MILLS RPM Cassa
10:15 a.m.	LES MILLS BODYCOMBAT Candi P	LES MILLS BODYCOMBAT Rachel	LES MILLS BODYCOMBAT Candi P	LES MILLS BODYCOMBAT Paola
10:30 a.m.	Aqua Fit John B	Aqua Fit Jennifer	Aqua Fit Jennifer	Aqua Fit John B
11:15 a.m.	LES MILLS CORE Joy	LES MILLS CORE Jane	LES MILLS CORE Annika	LES MILLS CORE Drea
12:00 p.m.	YOGA Daniel	YOGA Ronni	YOGA Daniel	YOGA Ronni

FACILITY HOURS
Saturday:
 8:00 a.m. - 4:00 p.m.
Sunday:
 1:00 p.m. - 5:00 p.m.

CHILD WATCH
Saturday:
 8:00 a.m. - 1:30 p.m.

SUNDAY - JOHN P. THAYER

	1-Jan	8-Jan	15-Jan	22-Jan	29-Jan
2:00 p.m.	Closed - Happy New Year!	LES MILLS BODYPUMP Corey	LES MILLS BODYPUMP Jane	LES MILLS BODYPUMP Cynthia	LES MILLS BODYPUMP Corey
3:00 p.m.		DEMO CLASS X-TREME HIP-HOP Stephanie Q	MIXXEDFIT Neesh	MIXXEDFIT Stephanie Q	MIXXEDFIT Leida

SATURDAY - D.A. TURNER

Launch Dates	7-Jan	14-Jan	21-Jan	1/28/2022 *Sh'Bam*
8:30 a.m. Room #2	LES MILLS BODYPUMP Drea	LES MILLS BODYPUMP Annika	LES MILLS BODYPUMP Joy	LES MILLS BODYPUMP Corey
9:00 a.m. Room #1	LES MILLS sprint Rachel	LES MILLS sprint Tiffany	LES MILLS sprint Jane	LES MILLS sprint Jane
9:45 a.m. Room #1	MIXXEDFIT Stephanie Q	LES MILLS SH'BAM Candi P	MIXXEDFIT Shanna	LES MILLS SH'BAM Candi P
10:45 a.m. Room #2	YOGA Catherine	YOGA Candi P	YOGA Ronni	YOGA Catherine

FACILITY HOURS
Saturday:
 8:00 a.m. - 4:00 p.m.
Sunday:
 1:00 p.m. - 5:00 p.m.

CHILD WATCH
Saturday:
 8:00AM - 1:00 p.m.

SUNDAY - D.A. TURNER

	1-Jan	8-Jan	15-Jan	22-Jan	29-Jan
2:00 p.m.	Closed - Happy New Year!	LES MILLS RPM Nadean	LES MILLS RPM Cassa	LES MILLS RPM Cassa	LES MILLS RPM Alfreda
3:00 p.m.		YOGA Candice M	YOGA Candice M	YOGA Ronni	YOGA Catherine