



# OCTOBER WEEKEND SCHEDULE

## SATURDAY - JOHN P. THAYER

*Launch Dates*	1-Oct	*10/8/2022* BodyPump & RPM	15-Oct	*10/22/2022* Combat & Core	29-Oct
9:00 a.m.	LES MILLS <b>BODYPUMP</b> Annika	LES MILLS <b>BODYPUMP</b> Nadean	LES MILLS <b>BODYPUMP</b> Erica	LES MILLS <b>BODYPUMP</b> Kayla	LES MILLS <b>BODYPUMP</b> Erica
10:15 a.m.	LES MILLS <b>RPM</b> Alfreda	LES MILLS <b>RPM</b> Hannah	LES MILLS <b>RPM</b> Erica	LES MILLS <b>RPM</b> Annika	LES MILLS <b>RPM</b> Alfreda
10:15 a.m.	LES MILLS <b>BODYCOMBAT</b> Rachel	LES MILLS <b>BODYCOMBAT</b> Paola	LES MILLS <b>BODYCOMBAT</b> Candi P	LES MILLS <b>BODYCOMBAT</b> Tiffany	LES MILLS <b>BODYCOMBAT</b> Kayla
10:30 a.m.	Aqua Fit Jennifer	Aqua Fit Jennifer	Aqua Fit Annika	Aqua Fit Jennifer	Aqua Fit Jennifer
11:15 a.m.	LES MILLS <b>CORE</b> Annika	LES MILLS <b>CORE</b> Joy	LES MILLS <b>CORE</b> Drea	LES MILLS <b>CORE</b> Andie	LES MILLS <b>CORE</b> Joy
12:00 p.m.	YOGA Ronni	YOGA Daniel	YOGA Catherine	YOGA Candi P	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

	2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
2:00 p.m.	LES MILLS <b>BODYPUMP</b> Drea	LES MILLS <b>BODYPUMP</b> Jane	LES MILLS <b>BODYPUMP</b> Robin	LES MILLS <b>BODYPUMP</b> Jane	LES MILLS <b>BODYPUMP</b> Corey
3:00 p.m.	MIKKEFIT Neesh	MIKKEFIT Shanna	MIKKEFIT Leida	MIKKEFIT Shanna	MIKKEFIT Shanna

## SATURDAY - D.A. TURNER

*Launch Dates*	1-Oct	*10/8/2022* BodyPump & RPM	15-Oct	*10/22/2022* Combat & Core	29-Oct
8:30 a.m. Room #2	LES MILLS <b>BODYPUMP</b> Drea	LES MILLS <b>BODYPUMP</b> Jillian	LES MILLS <b>BODYPUMP</b> Joy	LES MILLS <b>BODYPUMP</b> Corey	LES MILLS <b>BODYPUMP</b> Drea
9:00 a.m. Room #1	LES MILLS <b>sprint</b> Nadean	LES MILLS <b>sprint</b> Jane	LES MILLS <b>sprint</b> Rachel	LES MILLS <b>sprint</b> Jane	LES MILLS <b>sprint</b> Rachel
9:45 a.m. Room #1	LES MILLS <b>SH'BAM</b> Candi P	MIKKEFIT Stephanie	LES MILLS <b>SH'BAM</b> Kayla	MIKKEFIT Leida	LES MILLS <b>SH'BAM</b> Candi P
10:45 a.m. Room #2	YOGA Candi P	YOGA Jillian	YOGA Ronni	YOGA Daniel	YOGA Candi P

**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 - 12:30 p.m.

## SUNDAY - D.A. TURNER

	2-Oct	9-Oct	16-Oct	23-Oct	30-Oct
2:00 p.m.	LES MILLS <b>RPM</b> Annika	LES MILLS <b>RPM</b> Cassa	LES MILLS <b>RPM</b> Annika	LES MILLS <b>RPM</b> Cynthia	LES MILLS <b>RPM</b> Cassa
3:00 p.m.	YOGA Ronni	YOGA Candice M	YOGA Catherine	YOGA Candice M	YOGA Ronni