



AUGUST WEEKEND SCHEDULE

SATURDAY - JOHN P. THAYER



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.

Special Event!
 You won't want to miss
 Yoga @ Fetch Park
 Saturday, August 13th
 @ 8:30 am with Candice
 M.!

*See the front desk for details



	6-Aug	13-Aug	20-Aug	27-Aug
9:00 a.m.	LES MILLS BODYPUMP Jillian	LES MILLS BODYPUMP Erica	LES MILLS BODYPUMP Candi P	LES MILLS BODYPUMP Drea
10:15 a.m.	LES MILLS RPM Andie	LES MILLS RPM Erica	LES MILLS RPM Alfreda	LES MILLS RPM Annika
10:15 a.m.	LES MILLS BODYCOMBAT Jillian	LES MILLS BODYCOMBAT Rachel	LES MILLS BODYCOMBAT Kayla	LES MILLS BODYCOMBAT Paola
10:30 a.m.		 Aqua Fit Jennifer		 Aqua Fit Jennifer
11:15 a.m.	LES MILLS CORE Joy	LES MILLS CORE Drea	LES MILLS CORE Joy	LES MILLS CORE Annika
12:00 p.m.	YOGA Daniel	YOGA Ashley	YOGA Hana	YOGA Ashley

SUNDAY - JOHN P. THAYER


	7-Aug	14-Aug	21-Aug	28-Aug
2:00 p.m.	LES MILLS BODYPUMP Jane	LES MILLS BODYPUMP Drea	LES MILLS BODYPUMP Annika	LES MILLS BODYPUMP Andrea F

SATURDAY - D.A. TURNER

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.

Special Offer!
 Bring a friend for free to
 the 8/6 Sprint or Sh'bam
 Launch!
 *class size limits still apply;
 arrive early and bring ID for
 waivers

	8/6/2022 *Sprint/ Sh'Bam*	13-Aug	20-Aug	27-Aug
Launch Dates				
8:30 a.m. Room #2	LES MILLS BODYPUMP Kayla D	LES MILLS BODYPUMP Jane	LES MILLS BODYPUMP Annika	LES MILLS BODYPUMP Erica
9:00 a.m. Room #1	LES MILLS sprint Kim	LES MILLS sprint Kim	LES MILLS sprint Jane	LES MILLS sprint Tiffany
9:45 a.m. Room #1	LES MILLS SH'BAM Candi P	 MIXEDFIT Leida	 MIXEDFIT Leida	LES MILLS SH'BAM Candi P
10:45 a.m. Room #2	YOGA Candi P	YOGA Ronni	YOGA Daniel	YOGA Candi P

SUNDAY - D.A. TURNER

	7-Aug	14-Aug	21-Aug	28-Aug
3:00 p.m.	YOGA Ronni	YOGA Ronni	YOGA Candice M	YOGA Candice M