

MOSSA & LES MILLS CLASS LAUNCHES

October 2024



Guests can attend these classes for FREE, so grab a friend and join us as we launch the new releases from Les Mills and Mossa!

BRIGGS

Saturday Oct 5th @ 9am Power – Yury

Tuesday Oct 8th @ 12:30pm Body Pump – Laurel

Thursday Oct 10th @ 9:35am Power - Mike

Thursday Oct 10th @ 5pm Core – Karen

Thursday Oct 17th @ 5:30pm Active – Karen

Saturday Oct 19th @ 8am Blast – Karen

Thursday Oct 24th @ 1:30pm Body Balance - Laurel

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WHITAKER

Tuesday Oct 8th @ 5:30am Power – Karen

Thursday Oct 10th @ 5:30am Body Pump – Waka

Friday Oct 11th @ 8:30am Body Pump - Deb

Wednesday Oct 16th @ 9:30am Active – Maria

Sunday Oct 20th @ 9am Blast – Laura

Wednesday Oct 23rd @ 4:30pm Centergy – Karen
