

MOSSA & LES MILLS CLASS LAUNCHES

January 2025



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

Wednesday Jan 8th @ 9:15am Body Pump – Waka

Thursday Jan 9th @ 9:30am Power – Mike

Saturday Jan 11th @ 9am Power - Yury

Thursday Jan 16th @ 5pm Core – Karen

Thursday Jan 23rd @ 5:30pm Active – Karen

Saturday Jan 25th @ 8am Blast – Karen

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WHITAKER

Tuesday Jan 7th @ 5:30am Power – Karen

Thursday Jan 9th @ 5:30am Body Pump – Waka

Friday Jan 10th @ 8:30am Power - Mike

Tuesday Jan 14th @ 10:45am BodyBalance – Jennifer

Sunday Jan 26th @ 9am Blast – Laura

Wednesday Jan 29th @ 4:30pm Centergy – Karen
