

MOSSA & LES MILLS CLASS LAUNCHES

April 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

Sat Apr 5th @ 9:00am Power – Yury

Wed Apr 9th @ 9:15am Body Pump – Waka

Thurs Apr 10th @ 9:35am Power - Mike

Thurs Apr 10th @ 12pm Body Balance - Jennifer

Thurs Apr 10th @ 5:00pm Core – Karen

Thurs Apr 17th @ 5:30pm Active – Karen

Sat Apr 26th @ 8:00am Blast - Karen

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WHITAKER

Tues Apr 8th @ 5:30am Power – Karen

Tues Apr 8th @ 10:45am Body Balance – Jennifer

Thurs Apr 10th @ 5:30am Body Pump - Waka

Fri Apr 11th @ 8:30am Power - Mike

Monday Apr 21st @ 4:30pm Blast – Karen

Sun Apr 27th @ 9:00am Blast – Laura

Wed Apr 30th @ 4:30pm Centergy - Karen
