

# MOSSA & LES MILLS CLASS LAUNCHES

JULY 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

Wed Jul 9<sup>th</sup> @ 9:15am Body Pump – Waka

Thurs Jul 10<sup>th</sup> @ 12pm Body Balance – Jennifer

Thurs Jul 10<sup>th</sup> @ 5pm Core - Karen

Sat Jul 12<sup>th</sup> @ 9am Power - Yury

Thurs Jul 17<sup>th</sup> @ 9:30am Power – Mike

Sat Jul 19<sup>th</sup> @ 8am Blast – Karen

Thurs Jul 31<sup>st</sup> @ 5:30pm Active - Karen

# MOSSA & LES MILLS CLASS LAUNCHES

JULY 2025



LES MILLS  
BODYPUMP

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## WHITAKER

Tues Jul 8<sup>th</sup> @ 5:30am Power – Karen

Tues Jul 8<sup>th</sup> @ 10:45am Body Balance – Jennifer

Wed Jul 9<sup>th</sup> @ 5:30pm Body Combat - Waka

Thurs Jul 10<sup>th</sup> @ 5:30am Body Pump - Waka

Fri Jul 11<sup>th</sup> @ 8:30am Power - Mike

Mon Jul 21<sup>st</sup> @ 4:30pm Blast – Karen

Sun Jul 27<sup>th</sup> @ 9:00am Blast – Laura

Wed Jul 30<sup>th</sup> @ 4:30pm Centergy - Karen