

MOSSA & LES MILLS CLASS LAUNCHES

OCTOBER 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

Mon Oct 6th @ 12:00pm Body Balance – Jennifer

Wed Oct 8th @ 9:15am Body Pump – Waka

Thurs Oct 9th @ 1:15pm Body Balance - Jennifer

Sat Oct 11th @ 9am Power – Yury

Mon Oct 13th @ 9:30am Body Pump - Vaseliki

Mon Oct 13th @ 6:30pm Power – Nathalie

Thurs Oct 16th @ 5:00pm Core - Karen

Sat Oct 18th @ 8am Blast – Karen

Thurs Oct 23rd @ 5:30pm Active – Karen

Mon Oct 27th @ 5:30pm Fight - Nathalie