

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!

WHITAKER

Wed Oct 1st @ 5:45pm Core - Waka

Tues Oct 7th @ 5:30am Power – Karen

Tues Oct 7th @ 10:45am Body Balance – Jennifer

Thurs Oct 9th @ 5:30am Body Pump - Waka

Fri Oct 10th @ 8:30am Power – Mike

Thurs Oct 14th @ 4:30pm Body Balance - Waka

Sun Oct 19th @ 9:00am Blast - Laura

Mon Oct 20th @ 8:30pm Active – Heather

Mon Oct 20th @ 4:30pm Blast – Karen

Sat Oct 25th @ 8:30am Fight - Nathalie

Wed Oct 29th @ 4:30pm Centergy - Karen