

LES MILLS *FLASH* LAUNCH

RPM 85

12.10.19 12:00PM
12.11.19 8:30AM
12.12.19 12:00PM
12.13.19 8:30AM
12.15.19 8:30AM
1.5.20 9:10AM

SPRINT 18

12.10.19 5:30PM
12.16.19 12:00PM
12.18.19 12:00PM

BODY FLOW 87

12.13.19 10:45AM

BODYPUMP 112

12.10.19 12:00PM
12.11.19 5:25PM
12.12.19 5:30AM
12.20.19 9:30AM

BODYCOMBAT

12.22.19 8:45AM
1.6.20 6:35PM

BODYATTACK

1.7.20 9:45AM

**NO CLASS
REGISTRATION
REQUIRED**

LES MILLS

BODYPUMP
BODYFLOW
BODYATTACK