

# GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	LesMILLS <b>BODYPUMP</b> >>> EXPRESS		LesMILLS <b>BODYPUMP</b> >>> EXPRESS		LesMILLS <b>BODYPUMP</b> >>> EXPRESS	
8:15 AM	LesMILLS <b>RPM</b>	BARRE'ABOVE	LesMILLS <b>RPM</b>	BARRE'ABOVE	LesMILLS <b>RPM</b>	LesMILLS <b>RPM</b>
9:15 AM		LesMILLS <b>CXWORX</b>		LesMILLS <b>CXWORX</b>		
12:10 PM	LesMILLS <b>BODYPUMP</b> >>> EXPRESS	YOGA	LesMILLS <b>BODYPUMP</b> >>> EXPRESS	YOGA	BARRE'ABOVE	
4:30 PM	GROOVE		GROOVE			
5:30 PM	YOGA	LesMILLS <b>BODYPUMP</b> >>> EXPRESS	YOGA	LesMILLS <b>BODYPUMP</b> >>> EXPRESS		
6:00 PM	BOOT_CAMP		BOOT_CAMP			

**BOOT\_CAMP CLASSES WILL TAKE PLACE OUTSIDE - WEATHER PERMITTING!**

**! CALL 870.862.5442 THE DAY BEFORE TO RESERVE A SPOT IN ANY CLASS  
OR SWIMMING! NO DROP-INS!**

## FACILITY HOURS:

**MON - FRI 5:00AM - 7:00PM**  
**SAT 8AM - 1PM**  
**SUN CLOSED**

## POOL HOURS

**(RESERVE YOUR SPOT IN ADVANCE/LAST BOOKING WILL BE 5PM):**  
**MON - FRI 6:00AM - 6:00PM**  
**SAT & SUN CLOSED**

