

GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	LES MILLS BODYPUMP »» EXPRESS	LES MILLS RPM	LES MILLS BODYPUMP »» EXPRESS		LES MILLS BODYPUMP »» EXPRESS	
8:15 AM	LES MILLS RPM	BARRE' ABOVE	LES MILLS RPM	BARRE' ABOVE	LES MILLS RPM	LES MILLS RPM
9:15 AM		LES MILLS CXWORX		LES MILLS CXWORX		
12:10 PM	LES MILLS BODYPUMP »» EXPRESS	YOGA	LES MILLS BODYPUMP »» EXPRESS	YOGA	BARRE' ABOVE	
4:30 PM	GROOVE		GROOVE			
5:30 PM		LES MILLS BODYPUMP »» EXPRESS	YOGA LES MILLS RPM	LES MILLS BODYPUMP »» 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

FACILITY HOURS:

MON - THU 5:00AM - 8:30PM

FRI 5:00AM - 7:00PM

SAT 8AM - 5PM

SUN CLOSED

POOL HOURS (RESERVE YOUR LANE IN ADVANCE):

MON - THU 6:00AM - 11:00AM & 1:00PM - 8:00PM

FRI 6:00AM - 11:00AM & 1:00PM - 6:30PM

SAT 9:00AM - 4:30PM

SUN CLOSED



VALID: AUGUST 10TH