

# LES MILLS FALL KICKOFF!



**Saturday, October 3rd-4th**  
**FREE for Members**

First come first serve  
55 spots available in each class

**LES MILLS**



**1ST HALF: (Saturday)**

BODYPUMP 95 7:15-8:15 a.m.  
GRIT Plyo 14 8:30-9:00 a.m.  
BODYPUMP 95 9:15-10:15 a.m.

**2ND HALF: (Saturday)**

BODYCOMBAT 65 10:30-11:15 a.m.  
GRIT Strength 14 11:30-12:00 p.m.  
GRIT Cardio 14 12:15-12:45 p.m.

**HALFTIME:**

Refuel on healthy refreshments!

**RECOVERY: (Sunday)**

BODYFLOW 70 11:15-12:10 p.m.

**“Bring A Friend For Free” passes will be available at the front desk OR you can request one from your Les Mills instructors! Give to a friend who isn't a member yet and invite them to attend one of the kickoff classes with you!**

**Football themed launch of all the hot new Les Mills releases! New music, new moves! Bring your game face!**