



SUN'S

GO OUT
GUNS
OUT

SUMMER LAUNCH WEEK! NEW MUSIC, NEW MOVES

Monday, June 22 : BODYCOMBAT™ 64 Launch at the regular 5:40pm class time

Tuesday, June 23 : BODYPUMP™ 94 Launch outdoors at Riverfront Park's Vetterstone Ampitheatre 6:00pm with a live DJ!

Thursday, June 25 : BODYPUMP™ 94 at 5:30am in the upper studio (regularly scheduled class)

Saturday, June 27 : GRIT™ launches; Strength at 8:15am, Plyo at 9:00am, Cardio at 9:45am (NO BODYPUMP class this day)

Sunday, June 28th : BODYFLOW™ 69 Launch at 11:00am

LES MILLS

LES MILLS
BODYPUMP

LES MILLS
BODYFLOW

LES MILLS
BODYCOMBAT

LES MILLS
GRIT