

MOSSA & LES MILLS CLASS LAUNCHES

APRIL 2026



Guests can attend these classes for FREE, so grab a friend and join us as we launch the new releases from Les Mills and Mossa!

BRIGGS

Tues 4/7 @ 12pm – Power
Wed 4/8 @ 9:15am – Body Pump
Thurs 4/9 @ 1:15pm – Body Balance
Sat 4/11 @ 9am – Body Pump
Mon 4/13 @ 9:30am – Body Pump
Mon 4/13 @ 12pm – Body Pump
Thurs 4/16 @ 5pm – Core
Sat 4/18 @ 8am – Blast
Thurs 4/23 @ 5:30pm – Active

WHITAKER

Tues 4/7 @ 5:30am – Power
Tues 4/7 @ 10:45am – Body Flow
Tues 4/7 @ 4:30pm – Body Flow
Thurs 4/9 @ 5:30am – Body Pump
Thurs 4/9 @ 9:45am – Body Pump
Fri 4/10 @ 8:30am – Power
Fri 4/10 @ 9am – Body Flow
Sun 4/19 @ 9am – Blast
Mon 4/20 @ 4:30pm – Blast
Mon 4/27 @ 8:15am – Active
Wed 4/29 @ 4:30pm - Centergy