

# SUPER 7 SATURDAY

## Les Mills Launch Party

Saturday  
October 9, 2021

The latest versions of your favorite Les Mills formats take to the stage for a great morning of exercise, prizes and fun! Includes healthy post-workout refreshments too.

### Studio 1

#### TIME

8:00 - 9:00 AM

9:10 - 10:10 AM

10:20 - 11:20 AM

#### CLASS

BODYPUMP

BODYSTEP

BODYCOMBAT

#### INSTRUCTORS

LuAnn, Michele

Patty, Tammy

Dan, Kristin, Ginnie

### MB Studio

#### TIME

8:30 - 9:00 AM

9:10 - 10:10 AM

#### CLASS

LES MILLS CORE

BODYFLOW

#### INSTRUCTORS

Jen, Dalton

LuAnn, Val, Ginnie

### Blue Studio

#### TIME

8:30 - 9:00 AM

9:10 - 10:10 AM

#### CLASS

SPRINT

BODYATTACK

#### INSTRUCTORS

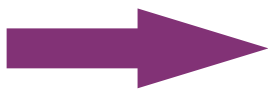
Ashleigh

Sarah, Jen

**LES MILLS**  
**BODYPUMP**  
**LES MILLS**  
**BODYSTEP**  
**LES MILLS**  
**BODYCOMBAT**  
**LES MILLS**  
**BODYFLOW**  
**LES MILLS**  
**CXWORX**  
**LES MILLS**  
**BODYATTACK**  
**LES MILLS**  
**sprint**

Please Note!

- All regularly scheduled classes WILL NOT be held this day.
- Sign up in advance using Self-Service or our MemberMe+ app. New to booking classes? Scan this code to learn more:



[bodyzonesports.com/groupfitness](https://bodyzonesports.com/groupfitness)

**BODY**  
**ZONE**<sup>TM</sup>  
Sports and Wellness Complex