

MONDAY			4-Jan	11-Jan	18-Jan	25-Jan	
5:30	SPRINT		Katie M.	Jeannie	Katie M.	Jeannie	
6:00	AB EXPRESS (S2)		Katie M.	Jeannie	Katie M.	Jeannie	
8:30	BODYCOMBAT		Fitzgerald	Pam	Lindsay	Dina	
8:45	SPRINT		Alissa	Anna	Alissa	Amy G.	
9:30	BODYPUMP		Alissa	Pam	Alissa	Sarah N.	
9:30	YOGA (S2)		Allison	Katie E.	Mary D.	Allison	
10:45	SIT & BE FIT (S2)		Sarah G.	Sarah G.	Sarah G.	Sarah G.	
4:45	BODYPUMP		Suzanne	Sarah V.	Suzanne	Sarah V.	
5:45	BODYSTEP		Brooke	Brooke	Amy F.	Launch Team	
5:45	SPIN		Jeff	Laura B.	Laura B.	Laura B	
5:45	RAISEDBARRE (S2)		Michelle E.	Amy F.	Harper	Michelle E.	
6:45	BODYJAM		Jesse	Jesse	Jesse	Launch Team	
TUESDAY			5-Jan	12-Jan	19-Jan	26-Jan	
5:30	BODYPUMP		Sarah N.	Katie M.	Jeannie	Sarah N.	
8:30	SPIN		Christi	Christi	Christi	Christi	
8:30	BODYFLOW (S2)		Joanna	Joanna	Joanna	Joanna	
9:30	ZUMBA		Amber	Yesika	Amber	Yesika	
10:15	RAISEDBARRE (S2)		Michelle C.	Brandi	Dina	Dina	
5:00	PILATES (S2)		Jesse	Jesse	Jesse	Jesse	
5:45	BODYCOMBAT		Jessica	Pam	Lindsay	Fitzgerald	
5:45	BODYPUMP (S2)		Morgan	Jeannie	Sarah V.	Cindy	
7:00	HIP HOP		Nicole T.	Nicole T.	Nicole T.	Nicole T.	
WEDNESDAY			6-Jan	13-Jan	20-Jan	27-Jan	
5:15	SPIN		Christi	Christi	Christi	Christi	
6:00	AB EXPRESS (S2)		Christi	Christi	Christi	Christi	
8:30	CXWORX		Alissa	Pam	Launch Team	Amy F.	
9:00	BODYCOMBAT		Lindsay	Fitzgerald	Pam	Amy F.	
9:00	PEDAL & PUMP		Alissa	Pam	Cindy	Christi	
10:00	LOW IMPACT		Toni	Laura B.	Jenine	Toni	
10:30	YOGA (S2)		Katie E.	Mary D.	Katie E.	Mary D.	
11:40	SIT & BE FIT (S2)		Lisa D.	Lisa D.	Lisa D.	Lisa D.	
5:30	GRIT		Amy G.	Launch Team	Toni	Pam	
5:45	SPIN		Sarah N.	Laura B.	Sarah N.	Laura B.	
6:15	BUTTS & GUTS		Darrell	Darrell	Darrell	Darrell	
7:00	YOGA (S2)		Katie E	Katie E.	Mary D.	Katie E.	
THURSDAY			7-Jan	14-Jan	21-Jan	28-Jan	
8:30	PILATES (S2)		Jesse	Jesse	Jesse	Jesse	
8:30	SPRINT		Anna	Jeannie	Anna	Laura B.	
9:00	BODYPUMP		Anna	Jeannie	Anna	Jeannie	
10:00	ZUMBA		Yesika	Kathy	Yesika	Amber	
10:30	BODYFLOW		Cindy	Launch Team	Cindy	Brandi	
4:45	BODYPUMP		Suzanne	Sarah V.	Brandon R.	Suzanne	
5:45	BODYCOMBAT		Kathleen	Fitzgerald	Dina	Amy F.	
5:50	SPRINT		Amy G.	Katie M.	Brandon R.	Launch Team	
6:45	ZUMBA		Brandon G.	Kevin	Kevin	Pearle	
FRIDAY			1-Jan	8-Jan	15-Jan	22-Jan	29-Jan
5:30	SPRINT	Happy New Year! 9:00 BODY ATTACK w/Sarah N 9:30 SPRINT w/Anna 10:00 BODYPUMP w/Anna 10:00 YOGA w/Allison	Laura B.	Jeannie	Katie M.	Laura B.	
6:00	AB EXPRESS (S2)		Laura B.	Jeannie	Katie M.	Laura B.	
8:30	PEDAL & PUMP		Sarah N.	Christi	Anna	Michelle C.	
9:00	BODYATTACK		Michelle C.	Launch Team	Sarah N.	Dina	
10:00	LOW IMPACT		Jenine	Toni	Kathy	Jenine	
10:00	RAISEDBARRE (S2)		Michelle C.	Sarah N.	Sarah N.	Brandi	
SATURDAY			2-Jan	9-Jan	16-Jan	23-Jan	30-Jan
8:30	BUTTS & GUTS	Darrell	Darrell	Darrell	Darrell	Darrell	
9:00	SPIN	Jeff	David	Beth	Jeff	Beth	
9:30	BODYCOMBAT	Pam	Dina	Kathleen	Launch Team	Amy F.	
9:30	BODYPUMP (S2)	Anna	Launch Team	Sarah N.	Morgan	Sarah V.	
10:30	ZUMBA	Yesika	Pearle	Kathy	Kathy	Kevin	
10:35	ADVANCE YOGA (S2)	Mary D.	Mary D.	Claire	Katie E.	Claire	
SUNDAY			3-Jan	10-Jan	17-Jan	24-Jan	31-Jan
9:00	BODYCOMBAT	Fitzgerald	Jessica	Fitzgerald	Pam	Fitzgerald	
1:30	ZUMBA	Kathy	Kevin	Yesika	Amber	Kevin	
2:30	SPRINT	Anna	Sarah N.	Amy G.	Alissa	Laura B.	
3:00	AB EXPRESS (S2)	Anna	Sarah N.	Amy G.	Alissa	Laura B.	

NEW TIME



QUESTIONS, COMMENTS, CONCERNS?
Contact delm@sportsclubsc.com

LES MILLS
Quarterly Launch

JANUARY 2021
AT ALL THREE CLUBS

NEW MUSIC NEW CHOREOGRAPHY NEW INSPIRATION

JANUARY 1, 2020
CLUB HOURS: 8:00am-5:00pm.
Normal AM Childcare hours.
No PM Childcare hours.