

LES MILLS
UNLEASHED
ANNUAL SUPER LAUNCH

**LES MILLS
CORE**
Formerly CXWORX
New name, same
amazing class to
target your abs,
butt, back, and
balance.

MONDAY			5-Apr	12-Apr	19-Apr	26-Apr	
5:30	SPRINT		Brandon	Katie M.	Jeannie	Katie M	
6:00	AB EXPRESS (S2)		Brandon	Katie M.	Jeannie	Katie M	
8:30	BODYCOMBAT		Dina	Pam	Dina	Pam	
8:45	SPRINT		Amy G.	Anna	Alissa	Alissa	
9:30	BODYPUMP		Els	Anna	Alissa	Alissa	
9:30	YOGA (S2)		Teri	Craig	Teri	Craig	
10:45	SIT & BE FIT (S2)		Sarah G.	Sarah G.	Sarah G.	Sarah G.	
4:45	BODYPUMP		Suzanne	Sarah V.	Sarah V.	Suzanne	
5:45	BODYSTEP		Brooke	Amy F.	LAUNCH TEAM	Laura B.	
5:45	SPIN		Lia	Laura B.	Pam	Lia	
5:45	RAISEDBARRE (S2)		Harper	Rambo	Rambo	Amy F.	
6:45	BODYJAM		Jesse	Jesse	Jesse	LAUNCH TEAM	
TUESDAY			6-Apr	13-Apr	20-Apr	27-Apr	
5:30	BODYPUMP		Kati M.	Jeannie	Katie M.	Jeannie	
8:30	SPIN		Christi	Christi	Christi	Christi	
8:30	BODYFLOW (S2)		Brandi	Joanna	Joanna	LAUNCH TEAM	
9:30	ZUMBA		Amber	Naomi	Amber	Naomi	
10:15	RAISEDBARRE (S2)		Brandi	Michelle C.	Dina	Michelle C.	
5:00	PILATES (S2)		Jesse	Jesse	Jesse	Jesse	
5:45	BODYCOMBAT		Amy F.	Jessica	Fitzgerald	Dina	
5:45	BODYPUMP (S2)		Rambo	Sarah V.	Jeannie	Sarah V.	
7:00	HIP HOP		Nicole T.	Nicole T.	Nicole T.	Nicole T.	
WEDNESDAY			7-Apr	14-Apr	21-Apr	28-Apr	
Katie M	5:15	SPIN		Christi	Christi	Christi	Christi
	6:00	AB EXPRESS (S2)		Christi	Christi	Christi	Christi
	8:30	LES MILLS CORE		Pam	Amy F.	LAUNCH TEAM	Christi
	9:00	BODYCOMBAT		Fitzgerald	Amy F.	Jessica	Lindsay
	9:00	PEDAL & PUMP		Pam	Sabrina	Pam	Sabrina
	10:00	LOW IMPACT		Jenine	Toni	Toni	Brandi
	10:30	YOGA (S2)		Mary	Craig	Callie	Mary
	11:40	SIT & BE FIT (S2)		Jenine	Lisa D.	Lisa D.	Lisa D.
5:30	GRIT		Jeremy	Justin	LAUNCH TEAM	Toni	
5:45	SPIN		CANCELLED	Laura B.	Jeff	Laura B.	
6:15	BUTTS & GUTS		Darrell	Darrell	Darrell	Darrell	
7:00	YOGA (S2)		Rita	Katie E.	Katie E.	Rita	
THURSDAY			1-Apr	8-Apr	15-Apr	22-Apr	29-Apr
8:30	PILATES (S2)	Jesse	Jesse	Jesse	Jesse	Jesse	Jesse
8:30	SPRINT	Laura B.	Brandon	Brandon	Anna	Rachel	
9:00	BODYPUMP	Suzanne	Brandon	Brandon	Anna	Jeannie	
10:00	ZUMBA	Jen H.	Kathy	Amber	Lindsay	Jen H.	
10:30	BODYFLOW	Brandi	Joanna	Brandi	Joanna	Brandi	
4:45	BODYPUMP	Jeannie	Jason	Sarah V.	Suzanne	Suzanne	
5:45	RAISEDBARRE (S2)	Harper	Harper	Rambo	Amy F.	Rambo	
	BODYCOMBAT	Kathleen	Fitzgerald	Amy F.	Kathleen	Fitzgerald	
5:50	SPRINT	Laura B.	Jason	Laura B.	Laura B.	LAUNCH TEAM	
6:45	ZUMBA	Pearle	Yesika	Yesika	Angela	Angela	
FRIDAY			2-Apr	9-Apr	16-Apr	23-Apr	30-Apr
5:30	SPRINT	Jeannie	Laura B.	Katie M.	Laura B.	Katie M.	
6:00	AB EXPRESS (S2)	Jeannie	Laura B.	Katie M.	Laura B.	Katie M.	
8:30	PEDAL & PUMP	Anna	Christi	Dina	Christi	Christi	
9:00	BODYATTACK	Dina	Morgan	Michelle C.	Sarah N.	LAUNCH TEAM	
10:00	LOW IMPACT	Toni	Rita	Brandi	Rita	Toni	
10:00	RAISEDBARRE (S2)	Dina	Michelle C.	Michelle C.	Brandi	Michelle C.	
SATURDAY			3-Apr	10-Apr	17-Apr	24-Apr	
8:30	BUTTS & GUTS	Darrell	Darrell	Darrell	Darrell		
9:00	SPIN	Nicole T.	David	Beth	Jeff		
9:30	BODYCOMBAT	Kathleen	Jessica	LAUNCH TEAM	Lindsay		
9:30	BODYPUMP (S2)	Suzanne	Suzanne	Rambo	LAUNCH TEAM		
10:30	ZUMBA	Yesika	Jen H.	Amber	Angela		
10:35	ADVANCE YOGA (S2)	Claire	Rita	Allison	Terri		
SUNDAY			4-Apr	11-Apr	18-Apr	25-Apr	
9:00	BODYCOMBAT	HAPPY EASTER NO GROUP FITNESS CLASSES TODAY	Jessica	Lindsay	Fitzgerald		
1:30	ZUMBA		Brandon	Shelley	Brandon		
2:30	SPRINT		Anna	Laura B.	Sarah N.		
3:00	AB EXPRESS (S2)		Anna	Laura B.	Sarah N.		

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

Happy Easter
April 4

Club Hours: 1pm-5pm

ANNUAL
SUPER
LAUNCH
APRIL 17-30

LOOK FOR
LAUNCH TIMES
ON THIS
SCHEDULE.

PICK UP A PUNCH
CARD AND
ATTEND 5
LAUNCH CLASSES
TO BE ENTERED
TO WIN GREAT
PRIZES!