

SPORTSPLEX NEW WINDSOR OPEN HOUSE

SATURDAY 9/28

8:00-8:30am

LES MILLS
BODYPUMP

ALYSON, SHANNA,
FLORI

8:45-9:45am

LES MILLS
BODYCOMBAT
100

ALYSON, SHANNA,
FLORI, CAMILLE,
CARLOS

10:00-10:30am

LES MILLS
GRIT

BRIAN & SHANNA

10:45-11:15am

LES MILLS
tone

CAMILLE & JON

11:30-12:00pm

LES MILLS
CORE

FLORI & CAMILLE

Wellness Studio

9:30-10:30am

Vinyasa Heat

DANIELLE

10:45-11:30am

POUND
GENERATION

SHEA

SUNDAY 9/29

8:15-9:15am

A Taste of Yoga

CINDY & ARTHUR

9:00-9:45am

LES MILLS
tone

ALYSON &
CAMILLE

9:30-10:15am

Barre

CASSIDY

10:15-11:00am

PILATES

PAIGE

****All Classes are held in the Wellness Studio, except
Les Mills Tone in the Main Studio****

AT SPORTSPLEX NEW WINDSOR