



2021 LESMILLS SPRINT Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:15am Erin D		6:00-6:30am Estelle	5:45-6:15am Judy		<p>Monday SPRINT will be held every 3rd rotation from 8:20-8:50am (remains a 45 min class)</p> <p>Wed-Fri 8:15-9:00am will remain a 45 min class, but the SPRINT will be held 8:20-8:50am</p>
8:15-9:00am CYCLING Dixie/Michelle and Erin W <i>*See side bar</i>		8:15-9:00am Terrill		8:15-9:00am Terrill		
					10:15-10:45am Amy/Erin	
12:15-12:45pm Brooke		12:15-12:45pm Estelle				
	4:15-4:45pm Brooke		4:15-4:45pm Estelle			
5:30-6:00pm Estelle	5:30-6:15pm CYCLING Becky <i>Starts Oct 5</i>	5:30-6:00pm Judy	5:30-6:00pm Jessica <i>Starts Oct 7</i>			
						15 Classes per week