



Attend any group exercise class & we'll donate \$1 per class to Todd Miller in his fight against cancer. Bring a guest and we'll donate \$5 per class they attend!

## acac Midlothian Schedule

FRIDAY 2/7
4:30pm Drums Alive®
5:15pm LES MILLS CORE™
5:30pm Gentle Yoga
5:45pm Dance & Swing
6:00pm BODYPUMP™

SUNDAY 2/9
8:15am BODYCOMBAT™ EX
9:00am Yoga Foundations
9:15am LES MILLS CORE™
9:45am High Fitness
10:00am RPM™
10:00am WATERinMOTION® Launch
10:00am Athletic Conditioning
10:30am Vinyasa
11:00am Simply Strength
11:00am Barre Burn
12:00pm Vin/Yin
12:15pm Kids Zumba®

SATURDAY 2/8
8:00am BODYPUMP™
8:15am Barre Burn
8:30am RPM
9:15am BODYCOMBAT™
9:20am WATERinMOTION®
9:30am BODYBALANCE™
10:00am Hatha Yoga
10:30am Blinged Out Zumba®
10:30am Studio RIDE
10:30am Aqua Bikes
10:45am Nia
11:15am Vinyasa
11:30am Aqua Bikes
11:45am Cheeky & Ch-Armed
11:45am 80s Studio RIDE
11:45am Line Dancing
12:30pm Reiki Relaxation
12:45pm Step Party
1:00pm BODYPUMP™
1:45pm Barre Burn