



MILLIS

Thanksgiving



THANKSGIVING DAY
THURSDAY, NOVEMBER 26
Gym Hours 7:00AM-3:00PM
NO BABYSITTING

TWO GREAT CLASSES

8:00 Cardio Interval with Toni
Special 90 minute class!

9:30am Cycle with Karen O.

FRIDAY, NOVEMBER 27
Gym Hours 5:00AM-10:00PM
Babysitting 8:00AM-12:00PM

8:30am Bosu Sculpt with Mary Jeanne
9:30am Group Cycle with Jesse
9:30am Step with Mary Jeanne
All other classes cancelled today.

BACK TO REGULAR SCHEDULE AS OF SATURDAY