

# Attention Members:

The following class(es) will be cancelled and/or changed, due to instructor/sub availability:

## Vinyasa Flow @ 5:45pm

Thurs 8/1/24

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## Strength & Sweat @ 10am

Sat 8/3/24

All class(es) effected will resume to normal the next week.  
We apologize for any inconvenience. We appreciate your understanding.  
Thank you! -LCP Management

