

GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM LES MILLS BODYPUMP Shannon	5:15 AM CLUB HIIT Holly	5:15 AM LES MILLS BODYPUMP Cadi	5:15 AM CLUB HIIT Holly	5:15 AM LES MILLS BODYPUMP Shannon	8:00 AM SPIN 6-Sheila, 13-NO CLASS, 20-RPM/Kelly, 27-LAUNCH
8:30 AM LES MILLS BODYPUMP Cadi	6:00 AM SUNRISE YOGA Chris	5:50 AM LES MILLS CXWORX Cadi	6:00 AM SUNRISE YOGA Chris	6:15 AM SPIN Shannon	9:00 AM LES MILLS BODYPUMP 6-Shannon, 13-NO CLASS, 20-Carrie, 27-LAUNCH
9:35 AM LES MILLS RPM Cadi	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYPUMP Remelyn	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYCOMBAT Cadi	10:05 AM CARDIO 6-Zumba/Gaby, 13-NO CLASS, 20-Combat/Carrie, 27-LAUNCH
4:30 PM SPIN Taylor	4:30 PM ZUMBA Tajuana	4:30 PM LES MILLS BODYCOMBAT Carrie	4:30 PM LES MILLS BODYPUMP Tajuana	5:30 PM SPIN Sheila	
5:35 PM POUND™ Paula	5:30 PM R.I.P.P.E.D Bridgett	5:30 PM LES MILLS BODYPUMP Carrie	5:35 PM ZUMBA Tajuana		
6:30 PM LES MILLS BODYATTACK Carrie	6:30 PM YOGA Amanda	6:35 CLUB HIIT Shannon	6:35 PM POUND Paula		
7:15 PM LES MILLS BODYPUMP Katherine	7:35 PM SPIN Sheila		7:00 PM LES MILLS CXWORX Paula		
			7:35 PM SPIN Shannon		

SUNDAY

3:00 PM
STRENGTH & CARDIO
7-Attack/Ashley, 14-NO CLASS, 21-Spin/Sheila, 28-LAUNCH

4:00 PM
YOGA/STRETCH
7-Amanda, 14-NO CLASS, 21-Tricia, 28-LAUNCH

4/13 & 04/14
NO CLASS DUE TO
LES MILLS TRAINING

04/21
HAPPY EASTER!

04/26-04/28
LAUNCH WEEKEND

APRIL 2019