

# GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <b>SPIN</b> Amy	5:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Regina	5:15 AM <b>SPIN</b> Kenny	5:15 AM <small>LES MILLS</small> <b>BODYCOMBAT</b> Autumn	5:15 AM <b>SPIN</b> Amy	8:15 AM <b>SPIN</b> 1-Kenny, 8-RPM/ Crystal, 15-Owenne, 22-Kenny, 29-Jen
6:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> Allison	8:00 AM <b>STRETCH</b> Jopi	6:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> Crystal	8:15 AM <b>SPIN</b> Jopi	6:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> Crystal	9:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> 1-Ali, 8-Jen, 15- Lacey, 22-Autumn, 29-Jen
8:15 AM <b>SPIN</b> Owenne/Jopi	8:45 AM <b>SPIN</b> Jopi	8:15 AM <small>LES MILLS</small> <b>GRIT</b> Strength Stephanie We.	9:00 AM <b>CLUB HIIT</b> Jopi	8:00 AM <b>STEP</b> Jen W.	10:00 AM <b>CARDIO</b> 1-Attack/Ali, 8- STEP/Jen, 15- Combat/Lacey, 22- Combat/Autumn, 29- Attack/Lysa
8:15 AM <b>GRIT</b> Cardio/Plyo Stephanie We.	8:45 AM <small>LES MILLS</small> <b>BODYCOMBAT</b> Stephanie We.	8:45 AM <small>LES MILLS</small> <b>BODYATTACK</b> Nancy	9:45 AM <b>YOGILATES</b> Jopi	8:45 AM <small>LES MILLS</small> <b>BODYPUMP</b> Jen W.	
8:45 AM <small>LES MILLS</small> <b>BODYPUMP</b> Stephanie/Nancy	9:30 AM <small>LES MILLS</small> <b>CXWORX</b> Stephanie We.	9:30 AM <small>LES MILLS</small> <b>CXWORX</b> Nancy	4:30 PM <small>LES MILLS</small> <b>BODYPUMP</b> Autumn	9:30 AM <small>LES MILLS</small> <b>CXWORX</b> Jen W.	
9:45 AM <small>LES MILLS</small> <b>BODYFLOW</b> Allison/Sarah	4:30 PM <small>LES MILLS</small> <b>BODYPUMP</b> Melissa	4:30 PM <small>LES MILLS</small> <b>BODYCOMBAT</b> Autumn	5:15 PM <small>LES MILLS</small> <b>CXWORX</b> Caley	10:00 AM <small>LES MILLS</small> <b>BODYFLOW</b> Allison/Sarah	
4:30 PM <b>ZUMBA</b> Stefanie	5:35 PM <small>LES MILLS</small> <b>BODYFLOW</b> Melissa	5:35 PM <small>LES MILLS</small> <b>BODYPUMP</b> Lacey	5:45 PM <small>LES MILLS</small> <b>BODYCOMBAT</b> Demeka		
5:35 PM <small>LES MILLS</small> <b>BODYPUMP</b> Ali	6:35 PM <small>LES MILLS</small> <b>GRIT</b> Cardio/Plyo Melissa	6:15 PM <small>LES MILLS</small> <b>CXWORX</b> Lacey	5:45 PM <small>LES MILLS</small> <b>sprint</b> Caley		
5:45 PM <b>SPIN</b> Owenne			6:30 PM <small>LES MILLS</small> <b>GRIT</b> Strength Caley		
6:40 PM <small>LES MILLS</small> <b>BODYCOMBAT</b> Deborah					

## SUNDAY

2:15 PM <b>SPIN</b> 2-Jopi, 9-Rita, 16- Kenny, 23-Regina, 30- RPM/Crystal
3:00 PM <small>LES MILLS</small> <b>BODYPUMP</b> 2-Allison D., 9-Rita, 16- Ali, 23-Regina, 30- Melissa
4:05 PM <b>YOGA</b> Kirk

**HOLIDAYS!**  
12/24  
 No evening classes  
12/25  
 Merry Christmas!  
 No classes  
12/26  
 No early morning classes

# DECEMBER 2018