

# THE CLUB AT THE TOWNSHIP GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Crystal	5:15 AM <b>LES MILLS</b> <b>sprint</b> Crystal	8:15 AM <b>LES MILLS</b> <b>BODYATTACK</b> Lysa	5:15 AM <b>LES MILLS</b> <b>RPM</b> Crystal	5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Regina	8:15 AM <b>SPIN</b> 1-SPRINT/ Stephanie Wa., 8- Caley, 15-No Class, 22-Allison, 29-SPRINT/ Stephanie Wa.
8:00 AM <b>STEP</b> Jen W.	5:15 AM <b>LES MILLS</b> <b>GRIT</b> Cardio/Plyo Lacey	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Lysa	5:15 AM <b>LES MILLS</b> <b>GRIT</b> Strength Lacey	8:15 AM <b>CLUB HIIT</b> Jopi	9:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> 1-Autumn, 8- Caley, 15-No Class, 22-Allison, 29-Lacey
8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Jen W.	5:50 AM <b>LES MILLS</b> <b>CXWORX</b> Crystal	9:30 AM <b>WATER AEROBICS</b> Tricia	6:00 AM <b>LES MILLS</b> <b>CXWORX</b> Crystal	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Nancy	
9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Jen W.	8:45 AM <b>SPIN</b> Jen W.	4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Melissa	8:45 AM <b>LES MILLS</b> <b>BODYCOMBAT</b> Lysa	9:00 AM <b>SPIN</b> Jopi	
9:30 AM <b>WATER AEROBICS</b> Tricia	9:30 AM <b>LES MILLS</b> <b>BODYFLOW</b> Sarah	5:30 PM <b>LES MILLS</b> <b>BODYFLOW</b> Melissa	9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Stephanie We.	9:30 AM <b>WATER AEROBICS</b> Tricia	
4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Lysa	9:30 AM <b>WATER AEROBICS</b> Tricia	5:45 PM <b>sprint</b> Stephanie Wa.	5:35 PM <b>LES MILLS</b> <b>BODYATTACK</b> Ali	9:50 AM <b>YOGA</b> Donna	
5:35 PM <b>LES MILLS</b> <b>CXWORX</b> Lysa	5:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Caley				

# DECEMBER 2018

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