

**CLUB4FITNESS GULFPORT**

# GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Shannon	5:15 AM <b>CLUB HIIT</b> Holly	5:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Cadi	5:15 AM <b>CLUB HIIT</b> Holly	5:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Shannon	8:15 AM <b>SPIN</b> 3-Sheila, 10-Shannon, 17-Sheila, 24-Shannon
8:30 AM <small>LES MILLS</small> <b>BODYPUMP</b> Cadi	6:00 AM <b>SUNRISE YOGA</b> Chris	6:15 AM <small>LES MILLS</small> <b>RPM</b> Cadi	6:00 AM <b>SUNRISE YOGA</b> Chris	6:15 AM <b>SPIN</b> Shannon	9:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> 3-Carrie, 10-Shannon, 17- Paula, 24-Katherine
4:30 PM <b>SPIN</b> Taylor	8:30 AM <b>ZUMBA</b> Gaby	8:30 AM <small>LES MILLS</small> <b>BODYPUMP</b> Remelyn	8:30 AM <b>ZUMBA</b> Gaby	8:30 AM <small>LES MILLS</small> <b>BODYCOMBAT</b> Cadi	10:00 AM <b>CARDIO</b> 3-Combat/Carrie, 10- Attack/Carrie, 17- Pound/Paula, 24- Attack/Ashley
5:30 PM <b>POUND™</b> Paula	4:30 PM <b>ZUMBA</b> Tajuana	9:30 AM <b>PiYo</b> Remelyn	4:30 PM <small>LES MILLS</small> <b>BODYPUMP</b> Tajuana	5:30 PM <b>SPIN</b> Sheila	
6:30 PM <small>LES MILLS</small> <b>BODYATTACK</b> Carrie	5:30 PM <b>R.I.P.E.D</b> Bridgett	4:30 PM <small>LES MILLS</small> <b>BODYCOMBAT</b> Carrie	5:30 PM <b>ZUMBA</b> Tajuana		
7:15 PM <small>LES MILLS</small> <b>BODYPUMP</b> Katherine	6:30 PM <b>UNDO &amp; RENEW</b> Robin	5:30 PM <small>LES MILLS</small> <b>BODYPUMP</b> Carrie	6:30 PM <b>POUND</b> Paula		
		6:30 PM <b>STRONG</b> <sup>by Zumba</sup> Tomoko	7:30 PM <b>SPIN</b> Sheila		

## SUNDAY

3:00 PM  
**STRENGTH & CARDIO**  
4-Attack/Ashley, 11-SPIN/  
Bridgett, 18-RPM/Kelly,  
25-Club HIIT/Holly

4:00 PM  
**YOGA/STRETCH**  
4-Robin, 11-Tricia, 18-  
Flow/Chrissy, 25-Tricia

# NOVEMBER 2018

11/21—No afternoon/evening classes  
11/22—Happy Thanksgiving! No classes  
11/23—No early morning classes

