

# CLUB4FITNESS LAKE HARBOUR

# GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <b>SPIN</b> Amy	5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Amy	5:15 AM <b>SPIN</b> Kenny	5:15 AM <b>LES MILLS</b> <b>BODYCOMBAT</b> Autumn	5:15 AM <b>SPIN</b> Amy	8:15 AM <b>SPIN</b> 3-RPM/Crystal, 10- NO CLASS, 17- Kenny, 24-SPRINT/ Melissa
6:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> Allison	8:00 AM <b>STRETCH</b> Jopi	6:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> Crystal	8:15 AM <b>SPIN</b> Jopi	6:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> Crystal	9:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> 3-Lacey, 10-NO CLASS, 17-Autumn, 24-Nancy
8:15 AM <b>SPIN</b> Owenne/Jopi	8:45 AM <b>SPIN</b> Jopi	8:15 AM <b>LES MILLS</b> <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> 3-Combat/Demeka, 10-NO CLASS, 17- STEP/Jen, 24- Attack/Nancy
8:15 AM <b>LES MILLS</b> <b>GRIT</b> Cardio/Plyo Stephanie We.	8:45 AM <b>LES MILLS</b> <b>BODYCOMBAT</b> Stephanie We.	8:45 AM <b>LES MILLS</b> <b>BODYATTACK</b> Nancy	9:45 AM <b>YOGILATES</b> Jopi	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Jen W.	
8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Stephanie/Nancy	9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Stephanie We.	9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Nancy	4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Autumn	9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Jen W.	
9:45 AM <b>LES MILLS</b> <b>BODYFLOW</b> Allison/Sarah	4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Melissa	4:30 PM <b>LES MILLS</b> <b>BODYCOMBAT</b> Autumn	5:15 PM <b>LES MILLS</b> <b>CXWORX</b> Caley	10:00 AM <b>LES MILLS</b> <b>BODYFLOW</b> Allison/Sarah	
4:30 PM <b>ZUMBA</b> Stefanie	5:35 PM <b>LES MILLS</b> <b>BODYFLOW</b> Melissa	5:35 PM <b>LES MILLS</b> <b>BODYPUMP</b> Lacey	5:45 PM <b>LES MILLS</b> <b>BODYCOMBAT</b> Demeka		
5:35 PM <b>LES MILLS</b> <b>BODYPUMP</b> Ali	6:35 PM <b>LES MILLS</b> <b>GRIT</b> Cardio/Plyo Melissa		5:45 PM <b>LES MILLS</b> <b>sprint</b> Caley		
5:45 PM <b>SPIN</b> Owenne			6:30 PM <b>LES MILLS</b> <b>GRIT</b> Strength Caley		
6:40 PM <b>LES MILLS</b> <b>BODYCOMBAT</b> Deborah					

# NOVEMBER 2018

SUNDAY
2:15 PM <b>SPIN</b> 4-Jopi, 11-NO CLASS, 18-Jopi, 25-Kenny
3:00 PM <b>LES MILLS</b> <b>BODYPUMP</b> 4-Allison D., 11-NO CLASS, 18-RITA, 25- Allison D.
4:05 PM <b>YOGA</b> Kirk

**HOLIDAYS!**  
11/21  
 No evening classes  
11/22  
 Happy Thanksgiving!  
 No classes.  
11/23  
 No early morning classes