

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	8:15 AM SPIN 5-Shannon, 12-LAUNCH, 19-Shannon, 26-Sheila
8:30 AM LES MILLS BODYPUMP Cadi	6:00 AM SUNRISE YOGA Chris	6:15 AM LES MILLS RPM Cadi	6:00 AM SUNRISE YOGA Chris	6:15 AM SPIN Shannon	9:00 AM LES MILLS BODYPUMP 5-Tajuana, 12-LAUNCH, 19-Remelyn, 26-Carrie
4:30 PM SPIN Taylor	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYPUMP Remelyn	8:30 AM ZUMBA Gaby	8:30 AM LES MILLS BODYCOMBAT Cadi	10:00 AM CARDIO 5-Attack/Carrie, 12- LAUNCH, 19-Zumba/ Remelyn, 26- GRIT: CXWORX/ Katherine
5:30 PM POUND™ Paula	4:30 PM ZUMBA Tajuana	9:30 AM PiYo Remelyn	4:30 PM LES MILLS BODYPUMP Tajuana	5:30 PM SPIN Sheila	
6:30 PM LES MILLS BODYATTACK Carrie	5:30 PM R.I.P.P.E.D Bridgett	4:30 PM LES MILLS BODYCOMBAT Carrie	5:30 PM ZUMBA Tajuana		
7:15 PM LES MILLS BODYPUMP Katherine	6:30 PM UNDO & RENEW Robin	5:30 PM LES MILLS BODYPUMP Carrie	6:30 PM POUND Paula		
		6:30 PM STRONG^{by Zumba} Tomoko	7:30 PM SPIN Sheila		
					SUNDAY
					3:00 PM STRENGTH & CARDIO 6-GRIT Cardio/ Katherine, 13- LAUNCH, 20-RPM/ Kelly, 27-RIPPED/ Bridgett
					4:00 PM YOGA/STRETCH 6-Flow/Crissy 13- LAUNCH, 20-Tricia, 27- Tricia

JANUARY 2019

01/01—No classes

01/11-01/13—Les Mills Launch Event!

