CLUB4FITNESS LAKE HARBOUR

GROUP FITNESS SCHEDULE

CLUB 4 FITNESS

MONDAY

5:15 AM
SPIN
Amy

6:00 AM
LesMills BODYPUMP
Allison

8:15 AM
SPIN
Kaitlyn

8:15 AM
LesMills GRIT Cardio/Plyo
Stephanie We.

8:45 AM
LesMills BODYPUMP
Kaitlyn

9:45 AM
LesMills BODYFLOW
Kaitlyn

4:30 PM
ZUMBA
Stefanie

5:35 PM
LesMills BODYPUMP
Ali

5:45 PM
SPIN
Owenne

6:40 PM
LesMills 45 BODYCOMBAT
Deborah

TUESDAY

5:15 AM
LesMills BODYPUMP
Regina

8:00 AM
STRETCH
Jopi

8:45 AM
SPIN
Jopi

8:45 AM
LesMills BODYCOMBAT
Stephanie We.

9:30 AM
LesMills CXWORX
Stephanie We.

4:30 PM
LesMills BODYPUMP
Melissa

5:30 PM
LesMills sprint
Caley

5:35 PM
LesMills BODYFLOW
Melissa

6:35 PM
LesMills GRIT
Melissa

WEDNESDAY

5:15 AM
SPIN
Kenny

6:00 AM
LesMills BODYPUMP
Crystal

8:15 AM
LesMills GRIT Strength
Stephanie We.

8:45 AM
LesMills BODYATTACK
Nancy

9:30 AM
LesMills CXWORX
Nancy

4:30 PM
LesMills BODYCOMBAT
Autumn

5:35 PM
LesMills RPM
Stephanie We.

5:35 PM
LesMills 45 BODYPUMP
Lacey

6:15 PM
LesMills CXWORX
Lacey

THURSDAY

5:15 AM
LesMills BODYCOMBAT
Regina

8:15 AM
SPIN
Jopi

9:00 AM
CLUB HIIT
Jopi

9:45 AM
YOGILATES
Jopi

4:30 PM
LesMills 45 BODYPUMP
Kaitlyn

5:15 PM
LesMills CXWORX
Caley

5:45 PM
LesMills 45 BODYCOMBAT
Demeka

5:45 PM
LesMills sprint
Caley

6:30 PM
LesMills GRIT Strength
Caley

FRIDAY

5:15 AM
SPIN
Amy

6:00 AM
LesMills BODYPUMP
Crystal

8:00 AM
STEP
Jen W.

8:45 AM
LesMills 45 BODYPUMP
Jen W.

9:30 AM
LesMills CXWORX
Jen W.

10:00 AM
LesMills BODYFLOW
Allison/Sarah

01/01
No classes
01/11—01/13
Les Mills Launch Event!

SATURDAY

8:15 AM
SPIN
5-RPM/Crystal, 12-LAUNCH, 19-Kaitlyn, 26-Kenny

9:00 AM
LesMills BODYPUMP
5-Jen, 12-LAUNCH, 19-Ali, 26-Lacey

10:00 AM
CARDIO
5-STEP/Jen, 12-LAUNCH, 19-AttackAli, 26-Combat/Lacey

SUNDAY

2:15 PM
SPIN
6-Rita, 13-LAUNCH, 20-Jopi, 27-Caley

3:00 PM
LesMills BODYPUMP
6-Rita, 13-LAUNCH, 20-Lysa, 27-Caley

4:05 PM
YOGA
Kirk

JANUARY 2019