

# GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM <b>LES MILLS BODYPUMP</b> Kacy	5:00 AM <b>SPIN</b> Cindy	5:00 AM <b>LES MILLS BODYCOMBAT</b> Ashley	5:00 AM <b>LES MILLS BODYPUMP</b> Kacy/Amy	5:00 AM <b>SPIN</b> Emily	8:15 AM <b>SPIN</b> Erin
8:15 AM <b>LES MILLS GRIT -Strength</b> Lauren	8:15 AM <b>LES MILLS BODYPUMP</b> Christy	8:15 AM <b>LES MILLS GRIT-Plyo</b> Amy/Lauren	7:45 AM <b>SPIN</b> Lauren	8:15 AM <b>LES MILLS GRIT -Cardio</b> Amy	9:00 AM <b>LES MILLS BODYPUMP</b> Erin/Ashley
8:45 AM <b>SPIN</b> Laurie	9:15 AM <b>LES MILLS BODYATTACK</b> Amy	8:45 AM <b>STEP EXPRESS</b> Christy	8:15 AM <b>LES MILLS BODYPUMP</b> Christy	8:45 AM <b>LES MILLS BODYCOMBAT</b> Jamie	
9:35 AM <b>YOGA</b> Laura	4:30 PM <b>YOGA</b> Laurie	9:35 AM <b>YOGA</b> Stacey	5:00 PM <b>LES MILLS GRIT</b> Erin	9:35 AM <b>YOGA</b> Laura	
4:30 PM <b>OFF THE BARRE</b> Melanie	5:30 PM <b>LES MILLS GRIT</b> Ashley	5:00 PM <b>LES MILLS BODYCOMBAT</b> Erin	5:30 PM <b>SPIN</b> Erin		
5:15 PM <b>LES MILLS 30' BODYATTACK</b> Ashley	6:00 PM <b>ZUMBA</b> Emily	6:00 PM <b>BUTI YOGA</b> Emery	5:30 PM <b>OFF THE BARRE</b> Melanie		
6:00 PM <b>LES MILLS 45' BODYPUMP</b> Ashley/Erin					
					SUNDAY
					3:00 PM - ROTATION 6th-Heated YOGA Stacey 13th Combat/Attack Les Mills Team 20th- Piyo Minerva 27th-Heated YOGA Laurie

# JANUARY 2019

**HAPPY NEW YEAR!**  
 JANUARY 1 - No Classes  
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 JANUARY 11 - 13  
 LES MILLS Launch Event