

THE CLUB AT THE TOWNSHIP GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM LES MILLS BODYPUMP Crystal	5:15 AM LES MILLS sprint Crystal	8:15 AM LES MILLS BODYATTACK Lysa	5:15 AM LES MILLS RPM Crystal	5:15 AM LES MILLS BODYPUMP Regina	8:15 AM SPIN 2-Owenne, 9- SPRINT/Stephanie Wa., 16-RPM/ Crystal, 23- SPRINT/Stephanie Wa.
8:00 AM STEP Jen W.	5:15 AM LES MILLS GRIT Cardio/Plyo Lacey	8:45 AM LES MILLS BODYPUMP Lysa	5:15 AM LES MILLS GRIT Strength Lacey	8:15 AM CLUB HIIT Jopi	
8:45 AM LES MILLS BODYPUMP Jen W.	5:50 AM LES MILLS CXWORX Crystal	4:30 PM LES MILLS BODYPUMP Melissa	6:00 AM LES MILLS CXWORX Crystal	8:45 AM LES MILLS BODYPUMP Nancy	9:00 AM LES MILLS BODYPUMP 2-Lysa, 9-Lacey, 16-Melissa, 23-Ali
9:30 AM LES MILLS CXWORX Jen W.	8:45 AM SPIN Jen W.	5:30 PM LES MILLS CXWORX Melissa	8:45 AM LES MILLS BODYCOMBAT Lysa	9:00 AM SPIN Jopi	
4:30 PM LES MILLS BODYPUMP Lysa	9:30 AM LES MILLS BODYFLOW Sarah	5:30 PM LES MILLS sprint Stephanie Wa.	9:30 AM LES MILLS CXWORX Stephanie We.	9:50 AM YOGA Donna	10:00 AM CARDIO 2-Combat/ Demeka, 9-Tabata/ Lacey, 16-Flow/ Melissa, 23-Attack/ Ali
5:35 PM LES MILLS CXWORX Lysa	4:30 PM SPIN Owenne	6:00 PM LES MILLS BODYFLOW Melissa	5:35 PM LES MILLS BODYATTACK Ali		
5:30 PM LES MILLS sprint Melissa/Stephanie Wa.	5:30 PM LES MILLS BODYPUMP Rita				

FEBRUARY 2019