

# 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 BODYPUMP</b> Regina	5:15 AM <b>SPIN</b> Kenny	5:15 AM <b>LES MILLS BODYCOMBAT</b> Regina	5:15 AM <b>SPIN</b> Amy	8:15 AM <b>SPIN</b> 2-Kenny, 9-RPM/ Crystal, 16-Kenny, 23-Kaitlyn
6:00 AM <b>LES MILLS BODYPUMP</b> Allison	8:45 AM <b>SPIN</b> Jopi	6:00 AM <b>LES MILLS BODYPUMP</b> Crystal	8:15 AM <b>SPIN</b> Jopi	6:00 AM <b>LES MILLS BODYPUMP</b> Crystal	9:00 AM <b>LES MILLS BODYPUMP</b> 2-Caley, 9-Allison D., 16-Lacey, 23- Lacey
8:15 AM <b>SPIN</b> Jopi	8:45 AM <b>LES MILLS BODYCOMBAT</b> Stephanie We.	8:15 AM <b>LES MILLS 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> 2-Attack/Caley, 9- Combat/Lysa, 16- Zumba/Rachel, 23- Tabata/Lacey
8:15 AM <b>LES MILLS GRIT</b> Cardio/Plyo Stephanie We.	9:30 AM <b>LES MILLS CXWORX</b> Stephanie We.	8:45 AM <b>LES MILLS BODYATTACK</b> Nancy	4:30 PM <b>LES MILLS 45' BODYPUMP</b> Kaitlyn	8:45 AM <b>LES MILLS 45' BODYPUMP</b> Jen W.	
8:45 AM <b>LES MILLS BODYPUMP</b> Kaitlyn	4:30 PM <b>LES MILLS BODYPUMP</b> Melissa	9:30 AM <b>LES MILLS CXWORX</b> Nancy	5:15 PM <b>LES MILLS CXWORX</b> Caley	9:30 AM <b>LES MILLS CXWORX</b> Jen W.	
9:45 AM <b>LES MILLS BODYFLOW</b> Kaitlyn	5:45 PM <b>LES MILLS sprint</b> Caley	4:30 PM <b>LES MILLS BODYCOMBAT</b> Autumn	5:45 PM <b>LES MILLS 45' BODYCOMBAT</b> Demeka	10:00 AM <b>LES MILLS BODYFLOW</b> Allison/Sarah	<b>SUNDAY</b>
4:30 PM <b>ZUMBA</b> Christina	6:35 PM <b>LES MILLS GRIT</b> Melissa	5:45 PM <b>LES MILLS RPM</b> Stephanie We.	5:45 PM <b>LES MILLS sprint</b> Caley		2:15 PM <b>SPIN</b> 3-Allison D., 10-Jopi, 17-Owenne, 24-Rita
5:35 PM <b>LES MILLS BODYPUMP</b> Ali		5:35 PM <b>LES MILLS 45' BODYPUMP</b> Lacey	6:30 PM <b>LES MILLS GRIT</b> Strength Caley		3:00 PM <b>LES MILLS BODYPUMP</b> 3-Allison D., 10-Ali, 17- Lysa, 24-Rita
5:45 PM <b>SPIN</b> Owenne		6:15 PM <b>LES MILLS CXWORX</b> Lacey			4:05 PM <b>YOGA</b> Kirk
6:40 PM <b>STEP</b> Deborah					

# FEBRUARY 2019