

# CLUB4FITNESS HERNANDO GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> Kacy	5:00 AM <b>SPIN 45</b> Cindy	5:00 AM <small>LES MILLS</small> <b>BODYCOMBAT</b> <small>LES MILLS</small> <b>BODYATTACK</b> Ashley	5:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> Amy	5:00 AM <b>SPIN 45</b> Emily	8:15 AM <b>SPIN Express</b> Erin
8:15 AM <small>LES MILLS</small> <b>GRIT</b> - Strength Lauren	8:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Christy	8:15 AM <small>LES MILLS</small> <b>GRIT</b> - Plyo Amy/Lauren	7:45 AM <b>SPIN Express</b> Lauren	8:15 AM <small>LES MILLS</small> <b>GRIT</b> - Cardio Amy	9:00 AM <small>LES MILLS</small> <b>BODYPUMP</b> Erin/Ashley
8:45 AM <b>SPIN 45</b> Laurie	9:15 AM <small>LES MILLS</small> <b>BODYATTACK</b> Amy	8:45 AM <b>STEP EXPRESS</b> Christy	8:15 AM <small>LES MILLS</small> <b>BODYPUMP</b> Christy	8:45 AM <small>LES MILLS</small> <b>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 <small>LES MILLS</small> <b>GRIT</b> Ashley	9:35 AM <b>YOGA</b> Laura	
4:30 PM <b>OFF THE BARRE</b> Melanie	5:30 PM <small>LES MILLS</small> <b>GRIT</b> Erin	5:00 PM <small>LES MILLS</small> <b>BODYCOMBAT</b> Erin	5:30 PM <b>SPIN Express</b> Erin		
5:15 PM <small>LES MILLS</small> <b>BODYATTACK</b> Ashley	6:00 PM <b>ZUMBA/Pound</b> Emily	6:00 PM <b>BUTI YOGA</b> Emery	5:30 PM <b>OFF THE BARRE</b> Melanie		
6:00 PM <small>LES MILLS</small> <b>BODYPUMP</b> Ashley/Erin					
					<b>SUNDAY</b>  <b>3:00 PM - ROTATION</b> <b>3rd-PiYo</b> Minerva <b>10th-NO CLASS</b> <b>17th- Heated YOGA</b> Stacey <b>24th-Heated YOGA</b> Laurie <b>31st-PiYo</b> Minerva

# MARCH 2019