

CLUB4FITNESS LAKE HARBOUR GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM SPIN Amy	5:15 AM LES MILLS BODYPUMP Regina	5:15 AM SPIN Kenny	5:15 AM LES MILLS BODYCOMBAT Regina	5:15 AM SPIN Amy	8:15 AM SPIN 2-Kenny, 9-Kaitlyn, 16-Kenny, 23-RPM/ Crystal, 30-Kenny
6:00 AM LES MILLS BODYPUMP Allison	8:45 AM SPIN Jopi	6:00 AM LES MILLS BODYPUMP Crystal	8:15 AM SPIN Jopi	6:00 AM LES MILLS BODYPUMP Crystal	9:00 AM LES MILLS BODYPUMP 2-Caley, 9-Jen, 16- Caley, 23-Lacey, 30- Lacey
8:15 AM SPIN Jopi	8:45 AM LES MILLS BODYCOMBAT Stephanie We.	8:15 AM LES MILLS GRIT Strength Stephanie We.	9:00 AM CLUB HIIT Jopi	8:00 AM STEP Jen W.	10:00 AM CARDIO 2-Attack/Caley, 9- STEP/Jen, 16- Combat/Caley, 23- Zumba/Andrew, 30- STEP/Deborah
8:15 AM LES MILLS GRIT Cardio/Plyo Stephanie We.	9:30 AM LES MILLS CXWORX Stephanie We.	9:15 AM LES MILLS BODYATTACK Nancy	4:30 PM LES MILLS BODYPUMP Kaitlyn	8:45 AM LES MILLS BODYPUMP Jen W.	
8:45 AM LES MILLS BODYPUMP Kaitlyn	4:30 PM LES MILLS BODYPUMP Melissa	10:00 AM LES MILLS CXWORX Nancy	5:15 PM LES MILLS CXWORX Caley	9:30 AM LES MILLS CXWORX Jen W.	
9:45 AM LES MILLS BODYFLOW Kaitlyn	5:35 PM LES MILLS BODYATTACK Ali	4:30 PM LES MILLS BODYCOMBAT Autumn	5:45 PM LES MILLS BODYCOMBAT Demeka		
4:30 PM ZUMBA Christina	5:45 PM LES MILLS sprint Caley	5:45 PM LES MILLS RPM Stephanie We.	5:45 PM LES MILLS sprint Caley		
5:35 PM LES MILLS BODYPUMP Ali	6:35 PM LES MILLS GRIT Melissa	5:35 PM LES MILLS BODYPUMP Lacey	6:30 PM LES MILLS GRIT Strength Caley		
5:45 PM SPIN Owenne		6:15 PM LES MILLS CXWORX Lacey			
6:40 PM STEP Deborah					

MARCH 2019

Check out the
Mind & Body
Schedule for
additional
classes!

SUNDAY
2:15 PM SPIN 3-Kristen., 10-Rita, 17- Owenne, 24-Jopi, 31- Rita
3:00 PM LES MILLS BODYPUMP 3-Lysa, 10-Rita, 17- Melissa, 24-Ali, 31-Rita
4:05 PM YOGA Kirk