

# GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM <b>LES MILLS BODYPUMP</b> Kacy	5:00 AM <b>SPIN 45</b> Cindy	5:00 AM <b>LES MILLS BODYCOMBAT</b> Jamie	5:00 AM <b>LES MILLS BODYPUMP</b> Amy	5:00 AM <b>SPIN 45</b> Emily	8:15 AM <b>SPIN Express</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 Express</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 45</b> Laurie	9:20 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	<b>SUNDAY</b>
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> Ashley	9:35 AM <b>YOGA</b> Laura	
4:30 PM <b>OFF THE BARRE</b> Melanie	5:30 PM <b>LES MILLS GRIT</b> Erin	5:00 PM <b>LES MILLS BODYATTACK</b> Ashley	5:35 PM <b>SPIN 45</b> Cindy		<b>3:00 PM - ROTATION</b>
5:15 PM <b>LES MILLS BODYCOMBAT</b> Ashley/Erin	6:05 PM <b>ZUMBA/Pound</b> Emily	6:00 PM <b>BUTI YOGA</b> Emery	5:35 PM <b>OFF THE BARRE</b> Melanie		<b>7th-ButiYOGA</b> Emery
6:05 PM <b>LES MILLS BODYPUMP</b> Ashley/Erin	6:05 PM <b>SPIN Express</b> Erin				<b>14th-Heated Yoga</b> Stacey
					<b>21st- Easter</b> No Class
					<b>28h-Launch</b> Grit Strength Combat 45

# April 2019

### Les Mills Launch Schedule

Friday 4/26: 6pm-7pm Zumba/Pound Combo

Saturday 4/27: No Spin

8:30 BodyAttack 9:00 BodyPump, 9:30 CX Worx

Sunday 4/28: 3:00 Grit Strength, 3:30 BodyCombat (45)