

CLUB4FITNESS LAKE HARBOUR GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 6-NO SPIN, 13-RPM/Crystal, 20-Kenny, 27-LAUNCH	
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 6-Ali, 13-Crystal, 16-Caley, 20-Autumn, 27-LAUNCH	
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 6-Attack/Ali, 13-Zumba/Rachel, 20-Combat/Autumn, 27-LAUNCH	
8:15 AM LES MILLS GRIT Cardio/Plyo Stephanie We.	9:30 AM LES MILLS CXWORX Stephanie We.	9:00 AM LES MILLS BODYATTACK Nancy	4:30 PM LES MILLS 45° BODYPUMP Kaitlyn	8:45 AM LES MILLS 45° BODYPUMP Jen W.		
8:45 AM LES MILLS BODYPUMP Kaitlyn	4:30 PM LES MILLS BODYPUMP Melissa	9:45 AM LES MILLS CXWORX Nancy	5:15 PM LES MILLS CXWORX Kaitlyn	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 45° BODYCOMBAT Demeka			
4:30 PM ZUMBA Christina	5:45 PM SPIN Kristen	5:45 PM LES MILLS RPM Stephanie We.	5:45 PM LES MILLS sprint Melissa			
5:35 PM LES MILLS BODYPUMP Ali	6:35 PM LES MILLS GRIT Melissa	5:35 PM LES MILLS 45° BODYPUMP Lacey	6:30 PM LES MILLS GRIT Melissa			
5:45 PM SPIN Owenne		6:15 PM LES MILLS CXWORX Lacey				
6:40 PM STEP Deborah						

Check out the
Mind & Body
Schedule for
additional
classes!

APRIL 2019