

GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM LES MILLS BODYPUMP Shannon	5:15 AM CLUB HIIT Holly	5:15 AM LES MILLS BODYPUMP Cadi	5:15 AM CLUB HIIT Holly	5:15 AM LES MILLS BODYPUMP Shannon	8:00 AM SPIN 4-RPM/Cadi, 11-Bridgette, 18-RPM/Kelly, 25-Sheila
8:30 AM LES MILLS BODYPUMP Cadi	8:30 AM LES MILLS BODYFLOW Crissy	5:50 AM LES MILLS CXWORX Cadi	8:30 AM ZUMBA Gaby	6:15 AM SPIN Shannon	9:00 AM LES MILLS BODYPUMP 4-Brandy, 11-Brandy, 18-Carrie, 25-Ashley
9:35 AM LES MILLS RPM Cadi	4:30 PM LES MILLS BODYPUMP Deedy	8:30 AM LES MILLS BODYPUMP Remelyn	4:30 PM LES MILLS BODYPUMP Shannon	8:30 AM LES MILLS BODYCOMBAT Cadi	10:05 AM CARDIO 4-Zumba/Gaby, 11-Attack/Ashley, 18-Attack/Carrie, 25-Zumba/Colin
4:30 PM SPIN Taylor	5:30 PM ZUMBA Gaby	4:30 PM LES MILLS BODYCOMBAT Carrie	5:35 PM SPIN Shannon	5:30 PM SPIN Sheila	
5:35 PM POUND™ Paula	6:30 PM R.I.P.P.E.D Bridgette	5:30 PM LES MILLS BODYPUMP Carrie	6:30 PM POUND Paula		
6:30 PM LES MILLS BODYATTACK Carrie	7:35 PM SPIN Sheila	6:35 LES MILLS GRIT Katherine	7:00 PM LES MILLS CXWORX Paula		
7:15 PM LES MILLS BODYPUMP Katherine					
					SUNDAY
					3:00 PM STRENGTH & CARDIO 5-Combat/Carrie, 12-NO CLASS, 19-RPM/Kely, 26-Spin/Sheila
					4:00 PM LES MILLS BODYFLOW 5-Crissy, 12-Kayla, 19-Crissy, 26-Kayla

MAY 2019