

# CLUB4FITNESS LAKE HARBOUR GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM <b>SPIN</b> Amy	5:15 AM <b>LES MILLS BODYPUMP</b> Regina	5:15 AM <b>SPIN</b> Kenny	5:15 AM <b>LES MILLS sprint</b> Regina	5:15 AM <b>SPIN</b> Amy	8:15 AM <b>SPIN</b> 4-RPM/Crystal, 11-Kenny, 18-SPRINT/Regina, 25-RPM/Regina	2:15 PM <b>SPIN</b> 5-Jopi, 12-Rita, 19-Allison D., 26-Jopi
6:00 AM <b>LES MILLS BODYPUMP</b> Allison	8:45 AM <b>SPIN</b> Jopi	6:00 AM <b>LES MILLS BODYPUMP</b> Crystal	5:45 AM <b>LES MILLS CXWORX</b> Regina	6:00 AM <b>LES MILLS BODYPUMP</b> Crystal	9:00 AM <b>LES MILLS BODYPUMP</b> 4-Jen, 11-Deborah, 18-Regina, 25-Ali	3:00 PM <b>LES MILLS BODYPUMP</b> 5-Lysa, 12-Rita, 19-Allison D., 26-Melissa
8:15 AM <b>SPIN</b> Jopi	8:45 AM <b>LES MILLS BODYCOMBAT</b> Stephanie We.	8:15 AM <b>LES MILLS GRIT</b> Strength Stephanie We.	8:15 AM <b>SPIN</b> Jopi	8:00 AM <b>STEP</b> Jen W.	10:00 AM <b>CARDIO</b> 4-STEP/Jen, 11-Combat/Demeka, 18-Zumba/Stefanie, 25-Attack/Ali	4:05 PM <b>YOGA</b> Kirk
8:15 AM <b>LES MILLS GRIT</b> Cardio/Plyo Stephanie We.	9:30 AM <b>LES MILLS CXWORX</b> Stephanie We.	9:00 AM <b>LES MILLS BODYATTACK</b> Nancy	9:00 AM <b>CLUB HIIT</b> Jopi	8:45 AM <b>LES MILLS 45 BODYPUMP</b> Jen W.		
8:45 AM <b>LES MILLS BODYPUMP</b> Kaitlyn	4:30 PM <b>LES MILLS BODYPUMP</b> Melissa	9:45 AM <b>LES MILLS CXWORX</b> Nancy	4:30 PM <b>LES MILLS 45 BODYPUMP</b> Kaitlyn	9:30 AM <b>LES MILLS CXWORX</b> Jen W.		
9:45 AM <b>LES MILLS BODYFLOW</b> Kaitlyn	5:35 PM <b>LES MILLS BODYATTACK</b> Ali	4:30 PM <b>LES MILLS BODYCOMBAT</b> Autumn	5:15 PM <b>LES MILLS CXWORX</b> Kaitlyn			
4:30 PM <b>ZUMBA</b> Christina	5:45 PM <b>SPIN</b> Kristen	5:45 PM <b>LES MILLS RPM</b> Stephanie We.	5:45 PM <b>LES MILLS 45 BODYCOMBAT</b> Demeka			
5:35 PM <b>LES MILLS BODYPUMP</b> Ali	6:35 PM <b>LES MILLS GRIT</b> Melissa	5:35 PM <b>LES MILLS 45 BODYPUMP</b> Lacey	5:45 PM <b>LES MILLS sprint</b> Melissa			
5:45 PM <b>SPIN</b> Owenne		6:15 PM <b>LES MILLS CXWORX</b> Lacey	6:30 PM <b>LES MILLS GRIT</b> Melissa			
6:40 PM <b>STEP</b> Deborah						

Check out the  
Mind & Body  
Schedule for  
additional  
classes!

# MAY 2019