

GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM LESMILLS BODYPUMP Kacy	5:00 AM SPIN 45 Cindy	5:00 AM LESMILLS BODYCOMBAT Jamie	5:00 AM LESMILLS BODYPUMP Amy	5:00 AM SPIN 45 Emily	8:15 AM SPIN Express Erin
8:15 AM LESMILLS GRIT Lauren	7:45 AM Spin 45 Laurie	8:15 AM LESMILLS GRIT Amy	7:45 AM SPIN Express Lauren	8:15 AM LESMILLS BODYATTACK Amy	9:00 AM LESMILLS BODYPUMP Erin/Ashley
8:45 AM LESMILLS BODYCOMBAT Jamie	8:30 AM LESMILLS BODYPUMP Christy	8:45 AM STEP EXPRESS Christy	8:15 AM LESMILLS BODYPUMP Christy	9:00AM LESMILLS CXWORX Brie	SUNDAY
9:35 AM YOGA Laura	5:30 PM LESMILLS GRIT Erin	9:35 AM YOGA Stacey	5:00 PM LESMILLS GRIT Ashley	9:35 AM YOGA Laura	2:15 PM 5-Zumba/Emily 12-No Class (Mother's Day) 19-Pound/Jamie 26-Zumba/Minerva
4:45 PM LESMILLS CXWORX Ashley/Erin	6:05 PM ZUMBA/Pound Emily	5:00 PM LESMILLS BODYCOMBAT Ashley/Erin	5:35 PM SPIN 45 Cindy		3:00 PM 5-Heated Yoga/Stacey 12-No Class (Mother's Day) 19-Heated Yoga/Laurie 26-Off the Barre/Minerva
5:15 PM LESMILLS BODYATTACK Ashley	6:05 PM SPIN Express Erin	6:00 PM Buti Yoga Emery	5:35 PM LESMILLS CXWORX Minerva		
6:05 PM LESMILLS BODYPUMP Ashley/Erin			6:05 PM YOGA Laurie		

May 2019