

# GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <b>LES MILLS BODYPUMP</b> Shannon	5:15 AM <b>CLUB HIIT</b> Holly	5:15 AM <b>LES MILLS BODYPUMP</b> Rotation	5:15 AM <b>CLUB HIIT</b> Holly	5:15 AM <b>LES MILLS BODYATTACK</b> Carrie	8:00 AM <b>SPIN</b> 7-Brandy, 14-Kelly, 21-Sheila, 28-Kelly
8:30 AM <b>LES MILLS BODYPUMP</b> Cadi	6:00 AM <b>SUNRISE YOGA</b> Chris	5:45 AM <b>LES MILLS CXWORX</b> Rotation	6:00 AM <b>SUNRISE YOGA</b> Chris	8:30 AM <b>LES MILLS BODYCOMBAT</b> Cadi	9:00 AM <b>LES MILLS BODYPUMP</b> 7-Brandy, 14-Brandy, 21-Katherine, 28-Paula
4:30 PM <b>ZUMBA</b> Tajuana	8:30 AM <b>ZUMBA</b> Gaby	8:30 AM <b>LES MILLS BODYPUMP</b> Remelyn	8:30 AM <b>ZUMBA</b> Gaby	5:30 PM <b>SPIN</b> Sheila	10:05 AM <b>CARDIO</b> 7-Zumba/Gaby, 14-CX/Brandy, 21-GRIT/Katherine, 28-GRIT/Shannon
5:30 PM <b>LES MILLS BODYATTACK</b> Carrie	4:30 PM <b>LES MILLS BODYPUMP</b> Tajuana	9:35 AM <b>LES MILLS BODYFLOW</b> Crissy	4:30 PM <b>LES MILLS BODYPUMP</b> Tajuana		
6:30 PM <b>LES MILLS CXWORX</b> Paula	5:35 PM <b>ZUMBA</b> Tomoko	4:30 PM <b>LES MILLS BODYCOMBAT</b> Carrie	5:35 PM <b>ZUMBA</b> Tajuana		
7:15 PM <b>LES MILLS BODYPUMP</b> Katherine	6:35 PM <b>SPIN</b> Sheila	5:30 PM <b>LES MILLS BODYPUMP</b> Carrie	6:35 PM <b>LES MILLS GRIT</b> Shannon		
	7:35 PM <b>LES MILLS BODYFLOW</b> Kayla	6:35 PM <b>LES MILLS GRIT</b> Katherine	7:05 PM <b>CORE</b> Shannon		
			7:30 PM <b>SPIN</b> Sheila		
				SUNDAY	
					3:00 PM <b>ROTATION</b> 1-Spin/Shelia, 8-Pump/Tajuana, 15-Pump/Crissy, 22-Pump/Katherine, 29-Spin/Kelly
					4:00 PM <b>ROTATION</b> 1-CX/Paula, 8-Flow/Kayla, 15-Flow/Crissy, 22-Yoga/Nicki, 29-Flow/Kayla

# SEPTEMBER 2019