

# THE CLUB AT THE TOWNSHIP GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Crystal	5:15 AM <b>LES MILLS</b> <b>sprint</b> Crystal	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Nancy	5:15 AM <b>LES MILLS</b> <b>RPM</b> Crystal	5:15 AM <b>LES MILLS</b> <b>BODYPUMP</b> Regina	8:15 AM <b>SPIN</b> 7-RPM/Crystal, 14-Kristen, 21-Allison, 28-RPM/Jason
8:00 AM <b>STEP</b> Jen W.	5:15 AM <b>LES MILLS</b> <b>GRIT</b> Cardio Lacey	9:00 AM <b>WATER AEROBICS</b> Lauri	5:15 AM <b>LES MILLS</b> <b>GRIT</b> Strength Lacey	8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Nancy	9:00 AM <b>LES MILLS</b> <b>BODYPUMP</b> 7-Ali, 14-Lacey, 21-Allison, 28-Kaitlyn
8:45 AM <b>LES MILLS</b> <b>BODYPUMP</b> Jen W.	5:50 AM <b>LES MILLS</b> <b>CXWORX</b> Crystal	4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Melissa	6:00 AM <b>LES MILLS</b> <b>CXWORX</b> Crystal	9:00 AM <b>WATER AEROBICS</b> Lauri	
9:00 AM <b>WATER AEROBICS</b> Lauri	8:45 AM <b>SPIN</b> Jen W.	5:30 PM <b>LES MILLS</b> <b>CXWORX</b> Melissa	8:45 AM <b>SPIN</b> Lindsay	9:50 AM <b>YOGA</b> Donna	
9:30 AM <b>LES MILLS</b> <b>CXWORX</b> Jen W.	9:30 AM <b>LES MILLS</b> <b>BODYFLOW</b> Allison G.	6:00 PM <b>LES MILLS</b> <b>BODYFLOW</b> Melissa	9:30 AM <b>CORE</b> Lindsay		
4:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Lindsay	5:30 PM <b>LES MILLS</b> <b>BODYPUMP</b> Allison		5:45 PM <b>SPIN</b> Kristen		
5:30 PM <b>LES MILLS</b> <b>sprint</b> Melissa					

# SEPTEMBER 2019