

CLUB4FITNESS LAKE HARBOUR GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM SPIN Amy	5:15 AM LES MILLS BODYPUMP Regina	5:15 AM SPIN Kenny	5:15 AM LES MILLS sprint Regina	5:15 AM SPIN Amy	8:15 AM SPIN 7-Deborah, 14-Kenny, 21-Kenny, 28-RPM/Crystal
6:00 AM LES MILLS BODYPUMP Allison	10:00 AM WATER AEROBICS Jen W.	6:00 AM LES MILLS BODYPUMP Crystal	5:45 AM LES MILLS CXWORX Regina	6:00 AM LES MILLS BODYPUMP Crystal	9:00 AM LES MILLS BODYPUMP 7-Deborah, 14-Jen, 21-Autum, 28-Crystal
8:15 AM SPIN Jopi	4:30 PM LES MILLS BODYPUMP Melissa	8:45 AM LES MILLS BODYATTACK Teresa	8:15 AM SPIN Jopi	8:00 AM STEP Jen W.	10:00 AM CARDIO 7-Attack/Teresa, 14-STEP/Jen, 21-Combat/Autum, 28-Zumba/Rachel
8:45 AM LES MILLS BODYPUMP Kaitlyn	5:35 PM LES MILLS BODYATTACK Ali	4:30 PM LES MILLS BODYCOMBAT Autumn	9:00 AM CLUB HIIT Jopi	8:45 AM LES MILLS BODYPUMP Jen W.	
9:45 AM LES MILLS BODYFLOW Kaitlyn	5:45 PM LES MILLS RPM Jason	5:35 PM LES MILLS BODYPUMP Lacey	10:00 AM WATER AEROBICS Jen W.	9:30 AM LES MILLS CXWORX Jen W.	
4:30 PM ZUMBA Christina	6:35 PM LES MILLS GRIT Melissa	5:45 PM SPIN Kristen	4:30 PM LES MILLS BODYPUMP Autumn		
5:35 PM LES MILLS BODYPUMP Ali		6:15 PM LES MILLS CXWORX Lacey	5:45 PM LES MILLS BODYCOMBAT Demeka		
5:45 PM SPIN Diane			5:45 PM sprint Melissa		
6:40 PM STEP Deborah			6:30 PM LES MILLS GRIT Melissa		

SEPTEMBER

Check out the
Mind & Body
Schedule for
additional
classes!

SUNDAY
2:15 PM SPIN 8-Sprint/Melissa, 15-Rita, 22-Kristen, 29-Rita
3:00 PM LES MILLS BODYPUMP 8-Melissa, 15-Rita, 22-Ali, 29-Rita
4:05 PM YOGA Kirk