

Group Exercise Schedule Sept. 21st - Dec. 18th

Studio 409

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
7:15am		BODYPUMP Nina						
7:45am				BODYPUMP EXPRESS Angela S.		11:00am	BOOT CAMP Mike	
12:00pm	BOOT CAMP Megan	BODYPUMP Angela T.	BODYCOMBAT EXPRESS Angela T.	BODYPUMP Angela T.	BODY BLITZ EXPRESS Megan	12:30pm	BODYCOMBAT Jacqui	
4:00pm		20-20-20 Carolyn			BODYCOMBAT Katie			
5:15pm	BODY BLITZ June	BODYCOMBAT Angela S.	BODYPUMP Portia	TBC Deb	BODYPUMP Carla	5:15pm		BODYPUMP Nina
6:30pm	BODYPUMP Portia	BODYPUMP Katie	BODY BLITZ June	BODYCOMBAT Katie	CARDIO STEP Joanne			
7:30pm	BODYCOMBAT Rachel	ROCK HARD ABS Mike	BODYCOMBAT Casey	BODYPUMP Dalglish				

Indoor Cycling Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:30am	SPIN & ABS Chris		SPINNING Leah		SPIN & ABS Chris			
7:15am				SPINNING June				
11:00am			SPINNING Jacqui			11:00am	SPINNING Nina	
12:00pm	SPINNING POWER HOUR Jacqui		SPINNING Jacqui		SPINNING Nina	12:00pm	SPINNING SJ	
12:30pm		SPINNING Megan		SPINNING Juliet				
4:30pm	SPINNING Gina				SPINNING Juliet	4:00pm		SPINNING Dennis
5:30pm	SPINNING Lisa	SPINNING Chris	SPINNING SJ	SPINNING Lisa	SPINNING Deb			
6:30pm	SPINNING Deb	SPINNING Monica	SPINNING Nina	SPINNING SJ				
7:30pm		SPINNING Michael	SPINNING Cliff	SPINNING Leah				

LES MILLS

BODYCOMBAT

BODYPUMP