














# NorthRidge Fitness Group X Schedule

April 16th-22nd

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
<p><b>TBC</b> 5:15 AM-Krisite</p> <p><b>TBC</b> 8:30 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b> 8:30 AM-Stephanie</p> <p> 9:30 AM-Christina</p> <p><b>YOGA</b> 9:30 AM-Monica</p>	<p> 5:30 AM-Anna</p> <p><b>30 SPIN/30 TBC</b> 8:30 AM-Kristie</p> <p><b>LES MILLS BODYCOMBAT</b> 8:30 AM-Stephanie</p> <p><b>PILATES</b> 9:30 AM-Stephanie</p>	<p><b>LES MILLS BODYPUMP</b> 5:15 AM-Jessica</p> <p><b>LES MILLS BODYATTACK</b> 8:30 AM-Leigh</p> <p><b>POWERPUMP</b> 8:30 AM-Kristie</p> <p> 9:30 AM-Stephanie</p> <p><b>YOGA</b> 9:30AM-Monica</p>	<p> 5:30 AM-Christina</p> <p><b>30 SPIN/30 TBC</b> 8:30 AM-Shannon</p> <p><b>POUND</b> 8:30 AM-Monica</p> <p><b>PILATES</b> 9:30 AM-Monica</p>	<p><b>TBC</b> 5:15 AM-Tracie</p> <p><b>30/30</b> 8:30 PM-Kristie</p>	<p> 8:00 AM-Anna</p> <p><b>YOGA</b> 8:00 AM- Stephanie</p> <p><b>LES MILLS BODYPUMP</b> 9:00 AM-Anna</p> <p> 10:15 AM-Jenny</p>	
<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Laura</p> <p><b>ABS</b> 5:35 PM-Shannon</p> <p> 5:50 PM-Tracie</p> <p> 5:50 PM-Stephanie</p> <p><b>PILATES</b> 5:50 PM-Shannon</p>	<p><b>STEP</b> 4:30 PM-Anne</p> <p><b>POUND</b> 4:45 PM-Shannon</p> <p><b>ABS</b> 5:35 PM-Anne</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Tracie</p> <p> 5:50 PM-Paul &amp; Patrick</p> <p> 5:50 PM-Raytonya</p>	<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Laura</p> <p><b>ABS</b> 5:35 PM-Laura</p> <p><b>LES MILLS BODYATTACK</b> 5:50 PM-Marty</p> <p><b>HIP HOP</b> 5:50 PM-Isabelle</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Jessica</p> <p> 5:50 PM-Paul &amp; Patrick</p> <p> 5:50 PM-Isabelle</p>	<p><b>LES MILLS BODYPUMP</b> 5:30-6:00 PM Stephanie</p> <p><b>LES MILLS BODYCOMBAT</b> 6:00-6:30 PM Stephanie &amp; Isabelle</p>	<p><b>LES MILLS BODYATTACK</b> 3:00 PM-Marty</p> <p> 3:00 PM-Tracie</p> <p><b>HEATED YOGA</b> 4:00 PM-Monica (CrossFit Room)</p>	