

# NorthRidge Fitness Group X Schedule

April 9th-15th

| Monday 09  | Tuesday 10  | Wednesday 11   | Thursday 12   | Friday 13   | Saturday 14  | Sunday 15   |
|--|---|--|---|---|--|---|
| <p><b>TBC</b><br/>5:15 AM-Krisite</p> <p><b>TBC</b><br/>8:30 AM-Renee</p> <p><b>LES MILLS BODYPUMP</b><br/>8:30 AM-Stephanie</p> <p><b>SPINNING</b><br/>9:30 AM-Leigh</p> <p><b>YOGA</b><br/>9:30 AM-Stephanie</p> | <p><b>SPINNING</b><br/>5:30 AM-Anna</p> <p><b>30 SPIN/30 TBC</b><br/>8:30 AM-Kristie</p> <p><b>LES MILLS BODYCOMBAT</b><br/>8:30 AM-Stephanie</p> <p><b>PILATES</b><br/>9:30 AM-Stephanie</p>   | <p><b>LES MILLS BODYPUMP</b><br/>5:15 AM-Anna</p> <p><b>LES MILLS BODYATTACK</b><br/>8:30 AM-Leigh</p> <p><b>POWERPUMP</b><br/>8:30 AM-Renee</p> <p><b>SPINNING</b><br/>9:30 AM-Christina</p> <p><b>YOGA</b><br/>9:30AM-Monica</p> | <p><b>SPINNING</b><br/>5:30 AM-Christina</p> <p><b>30 SPIN/30 TBC</b><br/>8:30 AM-Kristie</p> <p><b>POUND</b><br/>8:30 AM-Monica</p> <p><b>PILATES</b><br/>9:30 AM-Monica</p>                               | <p><b>TBC</b><br/>5:15 AM-Tracie</p> <p><b>30/30</b><br/>8:30 PM-Renee</p>  | <p><b>SPINNING</b><br/>8:00 AM-Christina</p> <p><b>YOGA</b><br/>8:00 AM- Stephanie</p> <p><b>LES MILLS BODYPUMP</b><br/>9:00 AM-Jessica</p> <p><b>ZUMBA</b><br/>10:15 AM-Stephanie</p> |   |
| <p><b>LES MILLS BODYPUMP</b><br/>4:30 PM-Laura</p> <p><b>ABS</b><br/>5:35 PM-Laura</p> <p><b>SPINNING</b><br/>5:50 PM-Tracie</p> <p><b>ZUMBA</b><br/>5:50 PM-Raytonya</p> <p><b>PILATES</b><br/>5:50 PM-Monica</p> | <p><b>STEP</b><br/>4:30 PM-Anne</p> <p><b>POUND</b><br/>4:45 PM-Renee</p> <p><b>ABS</b><br/>5:35 PM-Anne</p> <p><b>LES MILLS BODYPUMP</b><br/>5:35 PM-Tracie</p> <p><b>SPINNING</b><br/>5:50 PM-Paul &amp; Patrick</p> <p><b>ZUMBA</b><br/>5:50 PM-Isabelle</p> | <p><b>LES MILLS BODYPUMP</b><br/>4:30 PM-Jessica</p> <p><b>ABS</b><br/>5:35 PM-Jessica</p> <p><b>LES MILLS BODYATTACK</b><br/>5:50 PM-Marty</p> <p><b>HIP HOP</b><br/>5:50 PM-Isabelle</p>   | <p><b>LES MILLS BODYCOMBAT</b><br/>4:45 PM-Stephanie</p> <p><b>LES MILLS BODYPUMP</b><br/>5:35 PM-Laura</p> <p><b>SPINNING</b><br/>5:50 PM-Paul &amp; Patrick</p> <p><b>ZUMBA</b><br/>5:50 PM-Stephanie</p> | <p><b>LES MILLS BODYPUMP</b><br/>5:30-6:00 PM-Jessica</p> <p><b>LES MILLS BODYATTACK</b><br/>6:00-6:30 PM-Jessica</p> |  | <p><b>LES MILLS BODYATTACK</b><br/>3:00 PM-Marty &amp; Jessica</p> <p><b>SPINNING</b><br/>3:00 PM-Renee</p> <p><b>YOGA</b><br/>4:00 PM-Monica</p> |