
















NorthRidge Fitness Group X Schedule

May 14- May 20, 2018

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
<p>TBC 5:15 AM-Tracie</p> <p>TBC 8:30 AM-Monica</p> <p>LES MILLS BODYPUMP 8:30 AM-Jessica</p> <p> SPINNING 9:30 AM-Leigh</p> <p>YOGA 9:30 AM-Monica</p>	<p> SPINNING 5:30 AM-Anna</p> <p>30 SPIN/30 TBC 8:30 AM-Shannon</p> <p>LES MILLS BODYCOMBAT 8:30 AM-Stephanie H</p> <p>PILATES 9:30 AM-Stephanie H</p>	<p>LES MILLS BODYPUMP 5:15 AM-Hillary</p> <p>LES MILLS BODYATTACK 8:30 AM-Leigh</p> <p>POWERPUMP 8:30 AM-Renee</p> <p> SPINNING 9:30 AM-Hillary</p> <p>YOGA 9:30 AM-Shannon</p>	<p> SPINNING 5:30 AM-Christina</p> <p>30 SPIN/30 TBC 8:30 AM-Shannon</p> <p> POUND 8:30 AM-Monica</p> <p>PILATES 9:30 AM-Monica</p>	<p>TBC 5:15 AM-Tracie</p> <p>30/30 8:30 PM-Hillary</p>	<p> SPINNING 8:00 AM-Shannon</p> <p>YOGA 8:00 AM- Monica</p> <p>LES MILLS BODYCOMBAT New Release 75 9:00 AM</p> <p>LES MILLS BODYPUMP 9:00 AM-Laura</p> <p> ZUMBA 10:15 AM-Stephanie</p>	
<p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>ABS 5:35 PM-Renee</p> <p> SPINNING 5:50 PM-Hillary</p> <p> ZUMBA 5:50 PM-Isabelle</p> <p>PILATES 5:50 PM-Renee</p>	<p>STEP 4:30 PM-Anne</p> <p> POUND 4:45 PM-Renee</p> <p>ABS 5:35 PM-Anne</p> <p>LES MILLS BODYPUMP 5:35 PM-Tracie</p> <p> SPINNING 5:50 PM-Paul & Patrick</p> <p> ZUMBA 5:50 PM-Raytonya</p>	<p>LES MILLS BODYPUMP 4:30 PM-Stephanie H</p> <p>ABS 5:35 PM-Stephanie H</p> <p>LES MILLS BODYATTACK 5:50 PM-Marty</p> <p>HIP HOP 5:50 PM-Isabelle</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>LES MILLS BODYPUMP 5:35 PM-Laura</p> <p> SPINNING 5:50 PM-Paul & Patrick</p> <p> ZUMBA 5:50 PM-Raytonya</p>	<p>TBC 5:30 PM-Renee</p>		<p>LES MILLS BODYATTACK 3:00 PM-Marty & Jessica</p> <p> SPINNING 3:00 PM-Stephanie H</p> <p>HEATED YOGA 4:00 PM-Stephanie H</p>