

NorthRidge Fitness Group X Schedule

August 6- August 12, 2018

Monday 06	Tuesday 07	Wednesday 08	Thursday 09	Friday 10	Saturday 11	Sunday 12
<p>TBC 5:15 AM-Tracie</p> <p>LES MILLS BODYPUMP 8:30 AM-Stephanie H</p> <p>TBC 8:30 AM-Monica</p> <p>SPINNING 9:30 AM-Leigh</p> <p>YOGA 9:30 AM-Monica</p>	<p>SPINNING 5:30 AM-Kristie</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-Jessica</p> <p>LES MILLS BODYATTACK 8:30 AM-Leigh</p> <p>POWERPUMP 8:30 AM-Kristie</p> <p>SPINNING 9:30 AM-Renee</p> <p>YOGA 9:30 AM-Shannon</p>	<p>SPINNING 5:30 AM-Anna</p> <p>30 SPIN/30 TBC 8:30 AM-Kristie</p> <p>POUND ROCKOUT. WORKOUT. 8:30 AM-Monica</p> <p>PILATES 9:30 AM-Monica</p>	<p>TBC 5:15 AM-Kristie</p> <p>30/30 8:30 AM-Renee</p>	<p>SPINNING 8:00 AM-Anna</p> <p>YOGA 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Jessica</p> <p>ZUMBA 10:15-Isabelle</p>	
<p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>ABS 5:35 PM-Shannon</p> <p>PILATES 5:50 PM-Shannon</p> <p>SPINNING 5:50 PM-Renee</p> <p>ZUMBA 5:50 PM-Raytonya</p>	<p>STEP 4:30 PM-Shannon</p> <p>POUND ROCKOUT. WORKOUT. 4:45 PM-Renee</p> <p>ABS 5:35 PM-Renee</p> <p>LES MILLS BODYPUMP 5:35 PM-Tracie</p> <p>SPINNING 5:30 PM-Paul & Patrick</p> <p>ZUMBA 5:50 PM-Stephanie R</p>	<p>LES MILLS BODYPUMP 4:30 PM-Shannon</p> <p>ABS 5:35 PM-Shannon</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 5:30 PM-Paul & Patrick</p> <p>ZUMBA 5:50 PM-Raytonya</p>	<p>LES MILLS BODYPUMP 5:30 PM-6:00 PM Stephanie H</p> <p>LES MILLS BODYCOMBAT 6:00 PM-6:30 PM Stephanie H</p>		<p>LES MILLS BODYATTACK 3:00 PM-Jessica & Marty</p> <p>SPINNING 3:00 PM-Tracie</p> <p>HEATED YOGA 4:00 PM-Shannon (CrossFit Room)</p>