

NorthRidge Fitness Group X Schedule

October 1- October 7, 2018

Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05	Saturday 06	Sunday 07
<p>TBC 5:15 AM-Tracie</p> <p>TBC 8:30 AM-Monica</p> <p>LES MILLS BODYPUMP 8:30 AM-Shannon</p> <p>SPINNING 9:30 AM-Renee</p> <p>YOGA 9:30 AM-Monica</p>	<p>SPINNING 5:30 AM-Anna</p> <p>SPIN (30 MIN) 8:30 AM-Kristie</p> <p>LES MILLS BODYCOMBAT 8:30 AM-Stephanie H</p> <p>TBC (30 MIN) 9:05 AM-Kristie</p> <p>PILATES 9:30 AM-Stephanie H</p>	<p>LES MILLS BODYPUMP 5:15 AM-Anna</p> <p>LES MILLS BODYATTACK 8:30 AM-Leigh</p> <p>POWERPUMP 8:30 AM-Renee</p> <p>SPINNING 9:30 AM -Kristie</p> <p>YOGA 9:30 AM-Shannon</p>	<p>SPINNING 5:30 AM-Anna</p> <p>SPIN (30 MIN) 8:30 AM-Shannon</p> <p>POUND 8:30 AM-Renee</p> <p>TBC (30 MIN) 9:05 AM-Shannon</p> <p>PILATES 9:30 AM-Kristie</p>	<p>TBC 5:15 AM-Monica</p> <p>30/30 8:30 AM-Stephanie H</p> <p>YOGA 8:00 AM-Shannon</p> <p>LES MILLS BODYPUMP 9:00 AM-Marty</p> <p>ZUMBA 10:15AM-Stephanie R</p>		
<p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>ABS 5:35 PM-Tracie</p> <p>Pilates 5:50 PM-Renee</p> <p>SPINNING 5:50 PM-Tracie</p> <p>ZUMBA <i>Glow Night</i></p>	<p>STEP 4:30 PM-Anne</p> <p>POUND 4:45 PM-Monica</p> <p>ABS 5:35 PM-Anne</p> <p>LES MILLS BODYPUMP 5:35 PM-Tracie</p> <p>SPINNING 5:30 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 & Jessica</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-Isabelle</p>	<p>LES MILLS BODYPUMP 5:30-6:00 PM Anna</p> <p>LES MILLS BODYATTACK 6:00-6:30 PM Anna</p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty</p> <p>SPINNING 3:00 PM-Brooke</p> <p>HEATED YOGA 4:00 PM-Monica</p>	