

# NorthRidge Fitness Group X Schedule

# September 17- September 23, 2018

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
<p><b>TBC</b> 5:15 AM-Kristie</p> <p><b>TBC</b> 8:30 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b> 8:30 AM-Stephanie H</p> <p><b>SPINNING</b> 9:30 AM-Christina</p> <p><b>YOGA</b> 9:30 AM-Monica</p>	<p><b>SPINNING</b> 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 H</p> <p><b>PILATES</b> 9:30 AM-Stephanie H</p>	<p><b>LES MILLS BODYPUMP</b> 5:15 AM-Anna</p> <p><b>LES MILLS BODYATTACK</b> 8:30 AM-Leigh</p> <p><b>POWERPUMP</b> 8:30 AM-Renee</p> <p><b>SPINNING</b> 9:30 AM-Kristie</p> <p><b>YOGA</b> 9:30 AM-Monica</p>	<p><b>SPINNING</b> 5:30 AM-Anna</p> <p><b>30 SPIN/30 TBC</b> 8:30 AM-Kristie</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-Kristie</p> <p><b>30/30</b> 8:30 AM Shannon</p>	<p><b>SPINNING</b> 8:00 AM-Renee</p> <p><b>YOGA</b> 8:00 AM-Stephanie H</p> <p><b>LES MILLS BODYPUMP</b> 9:00 AM-Laura</p> <p><b>ZUMBA</b> 10:15AM-Stephanie R</p>	
<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Laura</p> <p><b>ABS</b> 5:35 PM-Renee</p> <p><b>Pilates</b> 5:50 PM-Renee</p> <p><b>SPINNING</b> 5:50 PM-Tracie</p> <p><b>ZUMBA</b> 5:50 PM-Stephanie R</p>	<p><b>STEP</b> 4:30 PM-Shannon</p> <p><b>POUND</b> 4:45 PM-Renee</p> <p><b>ABS</b> 5:35 PM-Renee</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Tracie</p> <p><b>SPINNING</b> 5:30 PM-Paul &amp; Patrick</p> <p><b>ZUMBA</b> 5:50 PM-Raytonya</p>	<p><b>LES MILLS BODYPUMP</b> 4:30 PM Shannon</p> <p><b>ABS</b> 5:35 PM-Shannon</p> <p><b>LES MILLS BODYATTACK</b> 5:50 PM-Marty &amp; Jessica</p> <p><b>HIP HOP</b> 5:50 PM-Isabelle</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Jessica</p> <p><b>SPINNING</b> 5:30 PM-Paul &amp; Patrick</p> <p><b>ZUMBA</b> 5:50 PM-Isabelle</p>	<p><b>LES MILLS BODYPUMP</b> 5:30-6:00 PM Stephanie H</p> <p><b>LES MILLS BODYCOMBAT</b> 6:00-6:30 PM Stephanie H</p>	<p><b>LES MILLS BODYATTACK</b> 3:00 PM-Marty</p> <p><b>SPINNING</b> 3:00 PM-Tracie</p> <p><b>HEATED YOGA</b> 4:00 PM-Shannon</p>	