

NorthRidge Fitness Group X Schedule

September 24- September 30, 2018

Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
<p>TBC 5:15 AM-Kristie</p> <p>TBC 8:30 AM-Renee</p> <p>LES MILLS BODYPUMP 8:30 AM-Shannon</p> <p>SPINNING 9:30 AM-Stephanie H</p> <p>YOGA 9:30 AM-Monica</p>	<p>SPINNING 5:30 AM-Anna</p> <p>SPIN (30 MIN) 8:30 AM-Shannon</p> <p>LES MILLS BODYCOMBAT 8:30 AM-Stephanie H</p> <p>TBC (30 MIN) 9:05 AM-Shannon</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-Kristie</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>POUND 8:30 AM-Renee</p> <p>TBC (30 MIN) 9:05 AM-Kristie</p> <p>PILATES 9:30 AM-Renee</p>	<p>TBC 5:15 AM-Tracie</p> <p>30/30 8:30 AM-Shannon</p> <p>LES MILLS BODYPUMP 9:00 AM-Laura</p> <p>ZUMBA 10:15AM-Isabelle</p>	<p>SPINNING 8:00 AM-Anna</p> <p>YOGA 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Laura</p> <p>ZUMBA 10:15AM-Isabelle</p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty & Jessica</p> <p>SPINNING 3:00 PM-Tracie</p> <p>YOGA 4:00 PM-Monica</p>
<p>LES MILLS BODYPUMP 4:30 PM-Jessica</p> <p>ABS 5:35 PM-Kristie</p> <p>Pilates 5:50 PM-Kristie</p> <p>SPINNING 5:50 PM-Tracie</p> <p>ZUMBA 5:50 PM-Raytonya</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-Jessica</p> <p>SPINNING 5:30 PM-Paul & Patrick</p> <p>ZUMBA 5:50 PM-Stephanie R</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-Tracie</p> <p>SPINNING 5:30 PM-Paul & Patrick</p> <p>ZUMBA 5:50 PM-Raytonya</p>	<p>TBC 5:30-6:15 PM Shannon</p>		<p>LES MILLS BODYATTACK 3:00 PM-Marty & Jessica</p> <p>SPINNING 3:00 PM-Tracie</p> <p>YOGA 4:00 PM-Monica</p>
						<p>Let's GLOW Crazy! ZUMBA Monday Oct 1st 5:50 PM</p>