

# NorthRidge Fitness Group X Schedule

# October 29- November 4

Monday 29	Tuesday 30	Wednesday 31	Thursday 01	Friday 02	Saturday 03	Sunday 04
<p><b>TBC</b> 5:15 AM-Tracie</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-Renee</p> <p><b>YOGA</b> 9:30 AM-Monica</p>	<p><b>SPINNING</b> 5:30 AM-Anna</p> <p><b>SPIN (30 MIN)</b> 8:30 AM-Kristie</p> <p><b>LES MILLS BODYCOMBAT</b> 8:30 AM-Stephanie H</p> <p><b>TBC (30 MIN)</b> 9:05 AM-Kristie</p> <p><b>PILATES</b> 9:30 AM-Stephanie H</p>	<p><b>LES MILLS BODYPUMP</b> 5:15 AM-Jessica</p> <p><b>LES MILLS BODYATTACK</b> 8:30 AM-Shannon</p> <p><b>POWERPUMP</b> 8:30 AM-Kristie</p> <p><b>SPINNING</b> 9:30 AM-Renee</p> <p><b>YOGA</b> 9:30 AM-Shannon</p>	<p><b>SPINNING</b> 5:30 AM-Anna</p> <p><b>SPIN (30 MIN)</b> 8:30 AM-Shannon</p> <p><b>POUND</b> 8:30 AM-Renee</p> <p><b>TBC (30 MIN)</b> 9:05 AM-Shannon</p> <p><b>PILATES</b> 9:30 AM-Renee</p>	<p><b>TBC</b> 5:15 AM-Monica</p> <p><b>30/30</b> 8:30 AM-Shannon</p> <p><b>LES MILLS BODYPUMP</b> 9:00 AM-Anna</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-Kristie</p> <p><b>Pilates</b> 5:50 PM-Kristie</p> <p><b>SPINNING</b> 5:50 PM-Christina</p> <p><b>ZUMBA</b> 5:50 PM-Meredity</p>	<p><b>STEP</b> 4:30 PM-Anne</p> <p><b>POUND</b> 4:45 PM-Monica</p> <p><b>ABS</b> 5:35 PM-Anne</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-Isabelle</p>	<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Laura</p> <p><b>ABS</b> 5:35 PM-Laura</p> <p><b>HALLOWEEN LES MILLS BODYATTACK</b> 5:50 PM-Marty &amp; Jess</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-Raytonya</p>	<p><b>LES MILLS BODYPUMP</b> 5:30 PM-Stephanie H</p> <p><b>LES MILLS BODYCOMBAT</b> 6:00 PM-Stephanie H</p>	<p><b>LES MILLS BODYATTACK</b> 3:00 PM-Marty &amp; Jessica</p> <p><b>SPINNING</b> 3:00 PM-Renee</p> <p><b>HEATED YOGA</b> 4:00 PM-Monica</p> <p><b>HAPPY HALLOWEEN</b> Trick or Treat</p>	