












NorthRidge Fitness Group X Schedule

November 5- November 11

Monday 05	Tuesday 06	Wednesday 07	Thursday 08	Friday 09	Saturday 10	Sunday 11
<p>TBC 5:15 AM-Kristie</p> <p>TBC 8:30 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-Shannon</p> <p>POWERPUMP *8:30 AM-Renee NOW 45 MINS</p> <p> SPINNING *9:20 AM-Renee NOW 30 MINS</p> <p>YOGA 9:30 AM-Monica</p>	<p> SPINNING 5:30 AM-Christina</p> <p>SPIN (30 MIN) 8:30 AM-Kristie</p> <p>POUND ROCKOUT. WORKOUT. 8:30 AM-Shannon</p> <p>TBC (30 MIN) 9:05 AM-Kristie</p> <p>PILATES 9:30 AM-Monica</p>	<p>TBC 5:15 AM-Tracie</p> <p>30/30 8:30 AM-Stephanie H</p>	<p> SPINNING 8:00 AM-Tracie</p> <p>YOGA 8:00 AM-Diane</p> <p>LES MILLS BODYPUMP 9:00 AM-Jessica</p> <p> ZUMBA 10:15AM-Stephanie R</p>	<p><i>* Changes</i></p> <p><i>Monday & Wednesday morning Pump classes are now 45 mins 8:30 AM-9:15</i></p> <p><i>Monday & Wednesday morning Spin classes will begin at 9:20 and end at 9:50</i></p>
<p>LES MILLS BODYPUMP *8:30 AM-Jessica NOW 45 MINS</p> <p> SPINNING *9:20 AM-Leigh NOW 30 MINS</p> <p>YOGA 9:30 AM-Monica</p>	<p>STEP 4:30 PM-Renee</p> <p>POUND ROCKOUT. WORKOUT. 4:45 PM-Monica</p> <p>ABS 5:35 PM-Monica</p> <p>LES MILLS BODYPUMP 5:35 PM-Tracie</p> <p> SPINNING 5:30 PM-Paul & Patrick</p> <p> ZUMBA 5:50 PM-Meredith</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 & Brooke</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-Stephanie R</p>	<p>TBC 5:30 PM-Mary</p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty & Jessica</p> <p> SPINNING 3:00 PM-Brooke</p> <p>YOGA 4:00 PM-Shannon</p>	