

NorthRidge Fitness Group X Schedule

January 14- January 20

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
<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 9:20 AM-Leigh</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>STEP 8:30 AM-Shannon</p> <p>TBC (30 MIN) 9:05 AM-Kristie</p> <p>PILATES 9:05 AM-Shannon</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 9:20 AM-Renee</p> <p>YOGA 9:30 AM-Stephanie H</p>	<p>SPINNING 5:30 AM-Anna</p> <p>SPIN (30 MIN) 8:30 AM-Kristie</p> <p>POUND 8:30 AM-Monica</p> <p>TBC (30 MIN) 9:05 AM-Kristie</p> <p>PILATES 9:05 AM-Monica</p>	<p>TBC 5:15 AM-Kristie</p> <p>30/30 8:30 AM-Renee</p>	<p>SPINNING 8:00 AM-Brooke</p> <p>YOGA 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Jessica</p> <p>ZUMBA 10:15AM-Stephanie</p>	<p>*TIME CHANGES</p> <p>LES MILLS BODYPUMP Monday 4:30 PM Now 45 Mins</p> <p>**NEW CLASSES</p> <p>LES MILLS BODYCOMBAT Tuesday 4:45 PM</p> <p>LES MILLS BODYATTACK Monday 5:20-5:50 PM</p>
<p>LES MILLS BODYPUMP *4:30 PM-Jessica</p> <p>LES MILLS BODYATTACK **5:20 PM-Afton</p> <p>ABS 5:35 PM-Shannon</p> <p>Pilates 5:50 PM-Shannon</p> <p>SPINNING 5:50 PM-Tracie</p> <p>ZUMBA 5:55 PM-Meredith</p>	<p>STEP 4:30 PM-Anne</p> <p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>SPINNING 5:30 PM-Paul & Patrick</p> <p>ABS 5:35 PM-Anne</p> <p>LES MILLS BODYPUMP 5:35 PM-Laura</p> <p>ZUMBA 5:50 PM-Isabelle</p>	<p>LES MILLS BODYPUMP 4:30 PM-Shannon</p> <p>ABS 5:35 PM-Shannon</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>SPINNING 5:30 PM-Paul & Patrick</p> <p>LES MILLS BODYPUMP 5:35 PM-Tracie</p> <p>ZUMBA 5:50 PM-Raytonya</p>	<p>LES MILLS BODYPUMP 5:30 PM-Jessica</p> <p>LES MILLS BODYATTACK 6:00 PM-Jessica</p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty & Jessica</p> <p>SPINNING 3:00 PM-Stephanie H</p> <p>YOGA 4:00 PM-Monica</p>	