

NorthRidge Fitness Group X Schedule

January 7- January 13

Monday 07	Tuesday 08	Wednesday 09	Thursday 10	Friday 11	Saturday 12	Sunday 13
<p>TBC 5:15 AM-Kristie</p> <p>TBC 8:30 AM-Monica</p> <p>LES MILLS BODYPUMP 8:30 AM-Stephanie H</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-Shannon</p> <p>STEP 8:30-9 AM-Renee</p> <p>TBC (30 MIN) 9:05 AM-Shannon</p> <p>PILATES 9:05 AM-Renee</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 9:20 AM-Kristie</p> <p>YOGA 9:30 AM-Stephanie H</p>	<p>SPINNING 5:30 AM-Anna</p> <p>SPIN (30 MIN) 8:30 AM-Renee</p> <p>POUND 8:30 AM-Monica</p> <p>TBC (30 MIN) 9:05 AM-Renee</p> <p>PILATES 9:05 AM-Monica</p>	<p>TBC 5:15 AM-Tracie</p> <p>30/30 8:30 AM-Renee</p> <p>LES MILLS BODYPUMP 9:00 AM-Laura</p> <p>ZUMBA 10:15AM-Isabelle</p>	<p>TRY LES MILLS BODYCOMBAT on Tuesday & Thursday this week at 4:45 PM</p>	
<p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>ABS 5:35 PM-Renee</p> <p>Pilates 5:50 PM-Renee</p> <p>SPINNING 5:50 PM-Brooke</p> <p>ZUMBA 5:50 PM-Raytonya</p>	<p>STEP 4:30 PM-Anne</p> <p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>ABS 5:35 PM-Anne</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-Shannon</p> <p>ABS 5:35 PM-Shannon</p> <p>LES MILLS BODYATTACK 5:50 PM-Marty & Jessica</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-Jessica</p> <p>SPINNING 5:30 PM-Paul & Patrick</p> <p>ZUMBA 5:50 PM-Stephanie R</p>	<p>TBC (45 MIN) 5:30 PM-Shannon</p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty & Anna</p> <p>SPINNING 3:00 PM-Tracie</p> <p>HOT YOGA 4:00 PM-Shannon (CrossFit Room)</p>	