














NorthRidge Fitness Group X Schedule

February 11- February 17

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
<p>TBC 5:15 AM-Kristie</p> <p>TBC 8:30 AM-Renee</p> <p>LES MILLS BODYPUMP 8:30 AM-Jessica</p> <p> 9:20 AM-Renee</p> <p>YOGA 9:30 AM-Stephanie H</p>	<p> 5:30 AM-Anna</p> <p>SPIN (30 MIN) 8:30 AM-Kristie</p> <p>STEP 8:30 AM-Renee</p> <p>TBC (30 MIN) 9:05 AM-Kristie</p> <p>PILATES 9:05 AM-Renee</p>	<p>LES MILLS BODYPUMP 5:15 AM-Anna</p> <p>LES MILLS BODYATTACK 8:30 AM-Shannon</p> <p>POWERPUMP 8:30 AM-Kristie</p> <p> 9:20 AM-Kristie</p> <p>YOGA 9:30 AM-Shannon</p>	<p> 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 9:05 AM-Renee</p>	<p>TBC 5:15 AM-Tracie</p> <p>30/30 8:30 AM-Shannon</p>	<p> 8:00 AM-Anna</p> <p>YOGA 8:00 AM-Stephanie H</p> <p>LES MILLS BODYPUMP 9:00 AM-Jessica</p> <p> 10:15AM-Isabelle</p>	
<p>LES MILLS BODYPUMP 4:30 PM-Tracie</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> 5:50 PM-Tracie</p> <p> 5:55 PM-Raytonya</p>	<p>STEP 4:30 PM-Anne</p> <p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p> 5:30 PM-Paul & Patrick</p> <p>ABS 5:35 PM-Anne</p> <p>LES MILLS BODYPUMP 5:35 PM-Laura</p> <p> 5:50 PM-Stephanie R</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-Isabelle</p> <p> 5:30 PM-Paul & Patrick</p> <p>LES MILLS BODYPUMP 5:35 PM-Stephanie</p> <p> 5:50 PM-Raytonya</p> <p>YOGA 6:45 PM-Diane</p>	<p>LES MILLS BODYPUMP 5:30 PM-Stephanie H</p> <p>LES MILLS BODYCOMBAT 6:00 PM-Stephanie H</p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty & Jess</p> <p> 3:00 PM-Brooke</p> <p>YOGA 4:00 PM-Diane</p>	