















NorthRidge Fitness Group X Schedule

March 18- March 24

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
<p>TBC 5:15 AM-Kristie</p> <p>TBC 8:30 AM-Shannon</p> <p>LES MILLS BODYPUMP 8:30 AM-Stephanie H</p> <p> 9:20 AM-Leigh</p> <p>YOGA 9:30 AM-Monica</p>	<p> 5:30 AM-Anna</p> <p> 8:30 AM-Christina</p> <p>STEP (30 MIN) 8:30 AM-Shannon</p> <p>TBC 8:30 AM-No Class</p> <p>PiYO LIVE! 9:05 AM-LAUNCH</p>	<p>LES MILLS BODYPUMP 5:15 AM-Jessica</p> <p>LES MILLS BODYATTACK 8:30 AM-Leigh</p> <p>POWERPUMP 8:30 AM-Stephanie H</p> <p> 9:20 AM-Stephanie H</p> <p>YOGA 9:30 AM-Shannon</p>	<p> 5:30 AM-Tracie</p> <p> 8:30 AM-Renee</p> <p>POUND 8:30 AM-Monica</p> <p>TBC 8:30 AM-No Class</p> <p>PiYO LIVE! 9:05 AM-LAUNCH</p>	<p>TBC 5:15 AM-Monica</p> <p> STEP 8:30 AM-Shannon</p> <p>SPIN/PUMP (30-30) 8:30 AM-Leigh</p>	<p> 8:00 AM-Stephanie H</p> <p>YOGA 8:00 AM-Diane</p> <p>LES MILLS BODYPUMP 9:00 AM-Stephanie H</p> <p> 10:15AM-Isabelle</p>	<p>NEW CLASS!! PiYO LIVE! <i>A music-driven, athletic workout that strengthens, stretches, and tones with dynamic movements inspired by the best of Pilates and yoga.</i></p> <p><i>For this week only Tues & Thurs TBC and Pilates classes will not meet</i></p>
<p>*NRF HIIT BOX 1:30 PM-2:30 PM</p> <p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>LES MILLS BODYATTACK 5:20 PM-Afton</p> <p>ABS 5:35 PM-Monica</p> <p>PiYO LIVE! 5:50 PM-LAUNCH</p> <p> 5:50 PM-Tracie</p> <p> 5:55 PM-Meredith</p>	<p>STEP 4:30 PM-Stephanie R</p> <p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>**ROAD CYCLE 5:30 PM-Paul & Patrick</p> <p>ABS 5:35 PM-Stephanie R</p> <p>LES MILLS BODYPUMP 5:35 PM-Laura</p> <p> 5:50 PM-Raytonya</p>	<p>*NRF HIIT BOX 1:30 PM-2:30 PM</p> <p>LES MILLS BODYPUMP 4:30 PM-Tracie</p> <p>ABS 5:35 PM-Tracie</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>**ROAD CYCLE 5:30 PM-Paul & Patrick</p> <p>LES MILLS BODYPUMP 5:35 PM-Jessica</p> <p> 5:50 PM-Stephanie R</p> <p>YOGA 6:45 PM-Diane</p>	<p>*NRF HIIT BOX 1:30 PM-2:30 PM</p> <p>LES MILLS BODYPUMP 5:30 PM-Tracie</p> <p>LES MILLS BODYATTACK 6:00 PM-Afton</p>	<p>*NRF HIIT BOX <i>High intensity interval training Paid Program (CrossFit room)</i></p> <p>**ROAD CYCLE <i>Cycle specific training that will improve every riders performance indoor and out. Taught by true road cyclists</i></p>	<p>LES MILLS BODYATTACK 3:00 PM-Marty</p> <p> 3:00 PM-Tracie</p> <p>HEATED YOGA 4:00 PM-Terry (CrossFit Room)</p>