

# NorthRidge Fitness Group X Schedule

## April 15- April 21

Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21
<p><b>TBC</b> 5:15 AM-Tracie</p> <p><b>TBC</b> 8:30 AM-Kristie <b>LES MILLS BODYPUMP</b> 8:30 AM-Stephanie H</p> <p><b>SPINNING</b> 9:20 AM-Christina</p> <p><b>YOGA</b> 9:30 AM-Stephanie H</p>	<p><b>SPINNING</b> 5:30 AM-Anna</p> <p><b>SPINNING</b> 8:30 AM-Christina</p> <p><b>STEP</b> 8:30 AM-Kristie</p> <p><b>TBC</b> 9:05 AM-Kristie <b>PIYO</b> 9:05 AM-Renee</p> <p><b>Pilates</b> 9:45 AM-Renee</p>	<p><b>LES MILLS BODYPUMP</b> 5:15 AM-Jessica</p> <p><b>LES MILLS BODYATTACK</b> 8:30 AM-Leigh <b>POWERPUMP</b> 8:30 AM-Renee</p> <p><b>SPINNING</b> 9:20 AM-Shannon</p> <p><b>YOGA</b> 9:30 AM-Monica</p>	<p><b>SPINNING</b> 5:30 AM-Anna</p> <p><b>SPINNING</b> 8:30 AM-Kristie</p> <p><b>POUND</b> 8:30 AM-Shannon</p> <p><b>TBC</b> 9:05 AM-Shannon <b>PIYO</b> 9:05 AM-Monica</p> <p><b>Pilates</b> 9:45 AM-Monica</p>	<p><b>TBC</b> 5:15 AM-Tracie</p> <p><b>SPIN/PUMP (30-30)</b> 8:30 AM-Kristie</p>	<p><b>SPINNING</b> 8:00 AM-Anna</p> <p><b>YOGA</b> 8:00 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b> 9:00 AM-Anna</p> <p><b>ZUMBA</b> 10:15AM-Isabelle</p>	<p><b>CLOSED ON EASTER SUNDAY</b></p>
<p><b>*NRF HIIT BOX</b> 1:30 PM-2:30 PM</p> <p><b>LES MILLS BODYPUMP</b> 4:30 PM-Laura</p> <p><b>LES MILLS BODYATTACK</b> 5:20 PM-Afton</p> <p><b>ABS</b> 5:30 PM-Shannon <b>PIYO</b> 5:45 PM-Shannon</p> <p><b>SPINNING</b> 5:50 PM-Brooke <b>ZUMBA</b> 5:55 PM-Meredith</p> <p><b>Pilates</b> 6:20 PM-Shannon</p>	<p><b>STEP</b> 4:30 PM-Anne</p> <p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>**ROAD CYCLE</b> 5:30 PM-Paul &amp; Patrick</p> <p><b>ABS</b> 5:35 PM-Anne</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Stephanie H</p> <p><b>ZUMBA</b> 5:50 PM-Ratonya</p>	<p><b>*NRF HIIT BOX</b> 1:30 PM-2:30 PM</p> <p><b>LES MILLS BODYPUMP</b> 4:30 PM-Tracie</p> <p><b>ABS</b> 5:35 PM-Tracie</p> <p><b>LES MILLS BODYATTACK</b> 5:50 PM-Marty &amp; Jess</p> <p><b>HIP HOP</b> 5:50 PM-Isabelle</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>**ROAD CYCLE</b> 5:30 PM-Paul &amp; Patrick</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Jessica</p> <p><b>ZUMBA</b> 5:50 PM-Stephanie R</p> <p><b>YOGA</b> 6:45 PM-Diane</p>	<p><b>*NRF HIIT BOX</b> 1:30 PM-2:30 PM</p> <p><b>LES MILLS BODYPUMP</b> 5:30 PM-Laura</p> <p><b>LES MILLS BODYCOMBAT</b> 6:00 PM-Isabelle</p>	<p><b>*NRF HIIT BOX</b> <i>High intensity interval training</i> <i>Paid Program</i> <i>(CrossFit room)</i></p> <p><b>**ROAD CYCLE</b> <i>Cycle specific training that will improve every riders performance indoor and out.</i> <i>Taught by true road cyclists</i></p>	