















NorthRidge Fitness Group X Schedule

March 16-March 22

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
<p>TBC 5:15 AM-Jessica</p> <p>TBC 8:30 AM-Monica</p> <p>LES MILLS BODYPUMP 8:30 AM-Shannon</p> <p> SPINNING 9:20 AM-Renee</p> <p>YOGA 9:30 AM-Diane</p>	<p> SPINNING 5:30 AM-Anna</p> <p> SPINNING 8:30 AM-Brandy</p> <p>STEP 8:30 AM-Renee</p> <p>TBC 9:05 AM-Shannon</p> <p>Pilates 9:05 AM-Renee</p>	<p>LES MILLS BODYPUMP 5:15 AM-Anna</p> <p>POWER PUMP 8:30 AM-Renee</p> <p>LES MILLS BODYATTACK 8:30 AM-Jessica</p> <p> SPINNING 9:20 AM-Brandy</p> <p>YOGA 9:30 AM-Monica</p>	<p> SPINNING 5:30 AM-Anna</p> <p> SPINNING 8:30 AM-Stephanie H</p> <p>POUND 8:30 AM-Monica</p> <p>TBC 9:05 AM-Monica</p> <p>Pilates 9:05 AM-Stephanie H</p>	<p>TBC 5:15 AM-Tracie</p> <p>SPIN/PUMP (30-30) 8:30 AM-Renee</p>	<p> SPINNING 8:00 AM-Renee</p> <p>YOGA 8:00 AM-Alison</p> <p>LES MILLS BODYPUMP 9:00 AM-Tracie</p> <p> ZUMBA 9:00 AM-Stephanie R (Room 2)</p>	
10:15 AM HIIT Box		10:15 AM HIIT Box		10:15 AM HIIT Box		
<p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>LES MILLS BODYATTACK 5:20 PM-Afton</p> <p> SPINNING 5:30 PM-Alison</p> <p>Pilates (45 Min) 5:50 PM-Monica</p> <p> ZUMBA 5:55 PM-Isabelle</p>	<p>1:30 PM HIIT Box</p> <p>STEP 4:30 PM-Stephanie R</p> <p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p> SPINNING 5:30 PM-Brooke</p> <p>LES MILLS BODYPUMP 5:35 PM-Tracie</p> <p>ABS 5:35 PM-Stephanie R</p> <p> ZUMBA 5:50 PM-Isabelle</p>	<p>LES MILLS BODYPUMP 4:30 PM-Jessica</p> <p>ABS 5:35 PM-Jessica</p> <p>LES MILLS BODYATTACK 5:50 PM-Afton</p> <p>HIP HOP 5:50 PM-Isabelle</p>	<p>1:30 PM HIIT Box</p> <p>LES MILLS BODYCOMBAT 4:45 PM-Isabelle</p> <p>LES MILLS BODYPUMP 5:35 PM-Jessica</p> <p> ZUMBA 5:50 PM-Stephanie R</p> <p>YOGA 6:45 PM-Diane</p>	<p>10:15 AM HIIT Box</p> <p>LES MILLS BODYCOMBAT 5:30 PM-Stephanie H</p>	<p>2:30 PM HIIT Box</p> <p>LES MILLS BODYATTACK 3:00 PM-Marty</p> <p> SPINNING 3:00 PM-Stephanie H</p> <p>HEATED YOGA 4:00 PM-Shannon</p>	