

# NorthRidge Fitness Group X Schedule

# March 23-March 29

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
<p><b>TBC</b> 5:15 AM-Tracie</p> <p><b>TBC</b> 8:30 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b> 8:30 AM-Stephanie H</p> <p><b>SPINNING</b> 9:20 AM-Stephanie H</p> <p><b>YOGA</b> 9:30 AM-Shannon</p>	<p><b>SPINNING</b> 5:30 AM-Anna</p> <p><b>SPINNING</b> 8:30 AM-Brandy</p> <p><b>STEP</b> 8:30 AM-Shannon</p> <p><b>TBC</b> 9:05 AM-Brandy</p> <p><b>Pilates</b> 9:05 AM-Shannon</p>	<p><b>LES MILLS BODYPUMP</b> 5:15 AM-Jessica</p> <div style="border: 2px solid black; border-radius: 50%; width: 100px; height: 100px; display: flex; align-items: center; justify-content: center; margin: 10px auto;"> <p><b>30/30 POWER PUMP</b> 8:30 AM-Shannon <b>LES MILLS BODYATTACK</b> 9:00 AM-Shannon</p> </div> <p><b>SPINNING</b> 9:20 AM-Brandy</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-Brooke</p> <p><b>POUND</b> 8:30 AM-Monica</p> <p><b>TBC</b> 9:05 AM-Brooke</p> <p><b>Pilates</b> 9:05 AM-Monica</p>	<p><b>TBC</b> 5:15 AM-Jessica</p> <p><b>SPIN/PUMP (30-30)</b> 8:30 AM-Shannon</p>	<p><b>SPINNING</b> 8:00 AM-Brandy</p> <p><b>YOGA</b> 8:00 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b> 9:00 AM-Jessica</p> <p><b>ZUMBA</b> 9:00 AM-Stephanie R (Room 2)</p>	<p><i>As our circumstances change, our schedule may change.</i></p> <p><i>The launch of GRIT Strength has been postponed</i></p> <p><i>Please stay updated via our Facebook page.</i></p>
<b>10:15 AM HIIT Box</b>		<b>10:15 AM HIIT Box</b>		<b>10:15 AM HIIT Box</b>		
<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Shannon</p> <p><b>LES MILLS BODYATTACK</b> 5:20 PM-Afton</p> <p><b>SPINNING</b> 5:30 PM-Brooke</p> <p><b>Pilates (45 Min)</b> 5:50 PM-Monica</p> <p><b>ZUMBA</b> 5:55 PM-Isabelle</p>	<p><b>1:30 PM HIIT Box</b></p> <p><b>STEP</b> 4:30 PM-Stephanie R</p> <p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>SPINNING</b> 5:30 PM-Brooke</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Jessica</p> <p><b>ABS</b> 5:35 PM-Stephanie H</p> <p><b>ZUMBA</b> 5:50 PM-Isabelle</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</p> <p><b>HIP HOP</b> 5:50 PM-Isabelle</p>	<p><b>1:30 PM HIIT Box</b></p> <p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>LES MILLS BODYPUMP</b> 5:35 PM-Tracie</p> <p><b>ZUMBA</b> 5:50 PM-Stephanie R</p> <p><b>YOGA</b> 6:45 PM-Alison</p>	<p><b>LES MILLS BODYATTACK</b> 5:30 PM-Afton</p>	<p><b>2:30 PM HIIT Box</b></p> <p><b>LES MILLS BODYATTACK</b> 3:00 PM-Marty</p> <p><b>SPINNING</b> 3:00 PM-Brooke</p> <p><b>YOGA</b> 4:00 PM-Alison</p>	