

# NorthRidge Fitness Group X Schedule

## July 27-August 2

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31	Saturday 01	Sunday 02
<p><b>LES MILLS GRIT</b> STRENGTH</p> <p>5:15 AM-Tracie</p> <p><b>LES MILLS RPM</b></p> <p>8:00-8:30 AM Brandy</p> <p><b>LES MILLS BODYPUMP</b></p> <p>8:30 AM-Laura</p> <p><b>PILATES SCULPT (45)*</b></p> <p>8:30 AM-Monica</p> <p><b>YOGA (45)*</b></p> <p>9:30 AM-Monica</p>	<p><b>LES MILLS RPM</b></p> <p>5:30 AM-Anna</p> <p><b>TBC (45)</b></p> <p>5:30 AM-Tracie</p> <p><b>SPINNING</b></p> <p>8:30 AM-Renee (30)</p> <p><b>STEP (30)</b></p> <p>8:30 AM-Shannon</p> <p><b>TBC (30)*</b></p> <p>9:15 AM-Renee</p> <p><b>Pilates (30)</b></p> <p>9:15 AM-Shannon</p>	<p><b>LES MILLS BODYPUMP</b></p> <p>5:15 AM-Anna</p> <p><b>LES MILLS RPM</b></p> <p>8:00-8:30 AM Brandy</p> <p><b>LES MILLS BODYPUMP</b></p> <p>8:30 AM-Shannon</p> <p><b>YOGA (45)*</b></p> <p>9:30 AM-Monica</p>	<p><b>LES MILLS RPM</b></p> <p>5:30 AM-Anna</p> <p><b>TBC (45)</b></p> <p>5:30 AM-Brandy</p> <p><b>SPINNING</b></p> <p>8:30 AM-Emily (30)</p> <p><b>STEP (30)</b></p> <p>8:30 AM-Renee</p> <p><b>TBC (30)*</b></p> <p>9:15 AM-Monica</p> <p><b>Pilates (30)</b></p> <p>9:15 AM-Renee</p>	<p><b>LES MILLS GRIT</b> STRENGTH</p> <p>5:15 AM-Jessica</p> <p><b>SPINNING</b></p> <p>8:30 AM-Renee (30)</p> <p><b>PILATES SCULPT (45)*</b></p> <p>8:30 AM -Monica</p> <p><b>POWER PUMP (30)</b></p> <p>9:15 AM-Renee</p>	<p><b>LES MILLS RPM</b></p> <p>8:00 AM-Brooke</p> <p><b>YOGA (45)*</b></p> <p>8:00 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b></p> <p>9:00 AM-Laura</p> <p><b>ZUMBA</b></p> <p>10:15 AM-Isabelle</p>	<p><i>*Available on Zoom</i></p> <p><b>NEW CLASS TIME</b></p> <p><i>Monday &amp; Wednesday morning SPIN/RPM is now 8:00-8:30 (RPM is a LesMills group indoor cycling workout)</i></p>
<b>9:00 AM HIIT Box</b>		<b>9:00 AM HIIT Box</b>		<b>9:00 AM HIIT Box</b>		
<p><b>LES MILLS BODYPUMP</b></p> <p>4:30 PM-Stephanie H</p> <p><b>LES MILLS BODYATTACK</b></p> <p>5:30 PM-Shannon</p> <p><b>ZUMBA*</b></p> <p>5:45 PM-Isabelle</p>	<p><b>6:30 PM HIIT Box</b></p> <p><b>LES MILLS BODYCOMBAT</b></p> <p>4:45 PM-Stephanie H</p> <p><b>SPINNING</b></p> <p>5:30 PM-Emily</p> <p><b>LES MILLS GRIT</b> STRENGTH</p> <p>5:30 PM-Jessica</p> <p><b>ZUMBA</b></p> <p>5:45 PM-Stephanie R</p>	<p><b>LES MILLS BODYPUMP</b></p> <p>4:30 PM-Tracie</p> <p><b>LES MILLS BODYCOMBAT</b></p> <p>4:45 PM-Stephanie H</p> <p><b>LES MILLS RPM</b></p> <p>5:30 PM-Alison</p> <p><b>LES MILLS GRIT</b> STRENGTH</p> <p>5:30 PM-Afton</p> <p><b>ZUMBA*</b></p> <p>5:45 PM-Stephanie R</p> <p><b>HIP HOP</b></p> <p>5:45 PM-Isabelle</p>	<p><b>6:30 PM HIIT Box</b></p> <p><b>LES MILLS BODYCOMBAT</b></p> <p>4:45 PM-Stephanie H</p> <p><b>LES MILLS RPM</b></p> <p>5:30 PM-Alison</p> <p><b>LES MILLS GRIT</b> STRENGTH</p> <p>5:30 PM-Stephanie H</p>			<p><b>2:30 PM HIIT Box</b></p> <p><b>LES MILLS BODYATTACK</b></p> <p>3:00 PM-Anna</p> <p><b>SPINNING</b></p> <p>3:00 PM-Brandy</p> <p><b>YOGA</b></p> <p>4:00 PM-Alison</p>