

NorthRidge Fitness Group X Schedule

September 7-September 13

Monday 07	Tuesday 08	Wednesday 09	Thursday 10	Friday 11	Saturday 12	Sunday 13
<p>HAPPY LABOR DAY!</p>	<p>LES MILLS RPM 5:30 AM-Anna</p> <p>LES MILLS RPM 8:30 AM-Brandy (30) STEP (30) 8:30 AM-Renee</p> <p>TBC (30)* 9:15 AM-Brandy</p> <p>Pilates (30) 9:15 AM-Renee</p>	<p>LES MILLS BODYPUMP 5:15 AM-Jessica LES MILLS RPM 8:00-8:30 AM Brandy</p> <p>LES MILLS BODYPUMP* 8:30 AM-Stephanie H</p> <p>YOGA (45)* 9:30 AM-Monica</p>	<p>LES MILLS RPM 5:30 AM-Anna</p> <p>LES MILLS RPM 8:30 AM-Brandy STEP (30) 8:30 AM-Renee</p> <p>TBC (30)* 9:15 AM-Renee</p> <p>Pilates (30) 9:15 AM-Monica</p>	<p>LES MILLS GRIT STRENGTH 5:15 AM-Jessica</p> <p>SPINNING 8:30 AM-Renee (30) PILATES SCULPT (45)* 8:30 AM -Monica</p> <p>POWER PUMP 9:15-9:45-Renee</p>	<p>LES MILLS RPM 8:00 AM-Stephanie H YOGA (45)* 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Anna LES MILLS BODYPUMP 9:00 AM-Jessica</p> <p>ZUMBA 10:15 AM-Stephanie</p>	<p><i>*Available on Zoom</i></p>
			9:00 AM HIIT Box		9:00 AM HIIT Box	
	6:30 PM HIIT Box		6:30 PM HIIT Box			2:30 PM HIIT Box
	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>SPINNING 5:30 PM-Alison</p> <p>LES MILLS GRIT STRENGTH 5:30 PM-Laura</p> <p>ZUMBA 5:45 PM-Stephanie R</p>	<p>LES MILLS BODYPUMP 4:30 PM-Tracie</p> <p>LES MILLS BODYATTACK 5:45 PM-Anna</p> <p>HIP HOP 5:45 PM-Isabelle</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>SPINNING 5:30 PM-Emily</p> <p>LES MILLS BODYPUMP 5:30 PM-Laura</p> <p>ZUMBA* 5:45 PM-Isabelle</p>	<p>LES MILLS BODYCOMBAT 5:30 PM-Stephanie H</p>	<p>LES MILLS BODYATTACK 3:00 PM-Jessica</p> <p>SPINNING 3:00 PM-Emily</p> <p>YOGA 4:00 PM-Alison (CrossFit Room)</p>	