

NorthRidge Fitness Group X Schedule

October 12-October 18

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
<p>LES MILLS GRIT CARDIO 5:15 AM-Jessica</p> <p>LES MILLS RPM 8:00-8:30 AM-Brandy</p> <p>LES MILLS BODYPUMP * 8:30 AM-Stephanie H</p> <p>PILATES SCULPT (45) 8:30 AM-Monica</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-Brooke(30)</p> <p>STEP (30) 8:30 AM-Renee</p> <p>TBC (30)* 9:15 AM-Brooke</p> <p>Pilates (30) 9:15 AM-Renee</p>	<p>LES MILLS BODYPUMP 5:15 AM-Anna</p> <p>LES MILLS BODYPUMP * 8:30 AM-Shannon</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</p> <p>STEP (30) 8:30 AM-Shannon</p> <p>TBC (30)* 9:15 AM-Brandy</p> <p>Pilates (30) 9:15 AM-Shannon</p>	<p>LES MILLS GRIT STRENGTH 5:15 AM-Tracie</p> <p>SPINNING 8:30 AM-Renee</p> <p>PILATES SCULPT (45)* 8:30 AM -Monica</p> <p>POWER PUMP (30) 9:15-9:45-Renee</p>	<p>SPINNING 8-8:45 AM-Shannon</p> <p>YOGA (45)* 8-8:45 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Laura</p> <p>9:00 AM-Stephanie H</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		9:00 AM HIIT Box		
	6:30 PM HIIT Box		6:30 PM HIIT Box			2:30 PM HIIT Box
<p>LES MILLS BODYPUMP 4:30 PM-Tracie</p> <p>LES MILLS BODYATTACK 5:30 PM-Brooke</p> <p>ZUMBA * 5:45 PM-Raytonya</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>SPINNING 5:30 PM-Shannon</p> <p>LES MILLS GRIT STRENGTH 5:30 PM-Brandy</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-Afton</p> <p>HIP HOP 5:45 PM-Isabelle</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>SPINNING 5:30 PM-Alison</p> <p>LES MILLS BODYPUMP 5:30 PM-Jessica</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-Afton</p> <p>SPINNING 3:00 PM-Renee</p> <p>YOGA 4:00 PM-Alison (CrossFit Room)</p>	