

# NorthRidge Fitness Group X Schedule

## October 5-October 11

Monday 05	Tuesday 06	Wednesday 07	Thursday 08	Friday 09	Saturday 10	Sunday 11
<p><b>LES MILLS GRIT</b> CARDIO 5:15 AM-Tracie</p> <p><b>SPINNING</b> 8:00-8:30 AM-Emily</p> <p><b>LES MILLS BODYPUMP</b> * 8:30 AM-Stephanie H</p> <p><b>PILATES SCULPT (45)</b> 8:30 AM-Monica</p> <p><b>YOGA (45)*</b> 9:30 AM-Monica</p>	<p><b>LES MILLS RPM</b> 5:30 AM-Anna</p> <p><b>LES MILLS RPM</b> 8:30 AM-Renee(30)</p> <p><b>STEP (30)</b> 8:30 AM-Shannon</p> <p><b>TBC (30)*</b> 9:15 AM-Renee</p> <p><b>Pilates (30)</b> 9:15 AM-Shannon</p>	<p><b>LES MILLS BODYPUMP</b> 5:15 AM-Anna</p> <p><b>LES MILLS BODYPUMP</b> * 8:30 AM-Laura</p> <p><b>YOGA (45)*</b> 9:30 AM-Monica</p>	<p><b>LES MILLS RPM</b> 5:30 AM-Anna</p> <p><b>SPINNING</b> 8:30 AM-Brandy</p> <p><b>STEP (30)</b> 8:30 AM-Renee</p> <p><b>TBC (30)*</b> 9:15 AM-Brandy</p> <p><b>Pilates (30)</b> 9:15 AM-Renee</p>	<p><b>LES MILLS GRIT</b> STRENGTH 5:15 AM-Jessica</p> <p><b>SPINNING</b> 8:30 AM-Shannon</p> <p><b>PILATES SCULPT (45)*</b> 8:30 AM -Monica</p> <p><b>POWER PUMP (30)</b> 9:15-9:45-Shannon</p>	<p><b>LES MILLS RPM</b> 8:00-8:45 AM-Anna</p> <p><b>YOGA (45)*</b> 8:00-8:45 AM-Monica</p> <p><b>LES MILLS BODYPUMP</b> 9:00 AM-Stephanie 9:00 AM-Shannon</p> <p><b>ZUMBA</b> 10:15 AM-Raytonya</p>	<p><i>*Available on Zoom</i></p>
<b>9:00 AM HIIT Box</b>		<b>9:00 AM HIIT Box</b>		<b>9:00 AM HIIT Box</b>		
	<b>6:30 PM HIIT Box</b>		<b>6:30 PM HIIT Box</b>			<b>2:30 PM HIIT Box</b>
<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Jessica</p> <p><b>LES MILLS BODYATTACK</b> 5:30 PM-Brooke</p> <p><b>ZUMBA</b> * 5:45 PM-Stephanie R</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>LES MILLS RPM</b> 5:30 PM-Brandy</p> <p><b>LES MILLS GRIT</b> STRENGTH 5:30 PM-Laura</p> <p><b>ZUMBA</b> 5:45 PM-Isabelle</p>	<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Tracie</p> <p><b>LES MILLS BODYATTACK</b> 5:45 PM-Afton</p> <p><b>HIP HOP</b> 5:45 PM-Isabelle</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>LES MILLS RPM</b> 5:30 PM-Brooke</p> <p><b>LES MILLS BODYPUMP</b> 5:30 PM-Jessica</p> <p><b>ZUMBA</b> * 5:45 PM-Stephanie R</p>	<p><b>LES MILLS BODYCOMBAT</b> 5:30 PM-Stephanie H</p>	<p><b>LES MILLS BODYATTACK</b> 3:00 PM-Jessica</p> <p><b>SPINNING</b> 3:00 PM-Brandy</p> <p><b>YOGA</b> 4:00 PM-Alison (CrossFit Room)</p>	