

# NorthRidge Fitness Group X Schedule

# November 16-November 22

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
<p><b>LES MILLS GRIT</b> CARDIO 5:15 AM-Jessica</p> <p><b>LES MILLS RPM</b> 8:00-8:30 AM-Brandy</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-Brandy (30)</p> <p><b>STEP (30)</b> 8:30 AM-Shannon</p> <p><b>TBC (30)*</b> 9:15 AM-Brandy</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-Shannon</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-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-Brandy</p> <p><b>SPINNING</b> 8:30 AM-Renee</p> <p><b>PILATES SCULPT (45)*</b> 8:30 AM-Shannon</p> <p><b>LES MILLS BODYPUMP</b> 9:15 AM-Renee (30 Min)</p>	<p><b>LesMills United Launch</b></p> <p><b>Join us for our 1ST ever OUTDOOR LAUNCH!</b></p> <p><b>LES MILLS RPM</b> 8:00-8:30 AM</p> <p><b>LES MILLS BODYPUMP</b> 8:35-9:05 AM</p> <p><b>LES MILLS BODYCOMBAT</b> 9:10-9:40 AM</p> <p><b>LES MILLS BODYATTACK</b> 9:45-10:15 AM</p> <p><b>ZUMBA</b> 10:20-11:05 AM</p> <p><i>Join us for a celebration of fitness togetherness &amp; fun! Fitness is more important than ever to our physical &amp; mental health. So, bring a friend &amp; let's workout together.. united by our love of fitness.</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-Tracie</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-Hillary</p> <p><b>LES MILLS GRIT</b> STRENGTH 5:30 PM-Afton</p> <p><b>ZUMBA</b> 5:45 PM-Raytonya</p>	<p><b>LES MILLS BODYPUMP</b> 4:30 PM-Shannon</p> <p><b>LES MILLS BODYATTACK</b> 5:45 PM-Afton</p> <p><b>ZUMBA</b> 5:45 PM-Christa</p>	<p><b>LES MILLS BODYCOMBAT</b> 4:45 PM-Stephanie H</p> <p><b>LES MILLS RPM</b> 5:30 PM-Alison</p> <p><b>LES MILLS BODYPUMP</b> 5:30 PM-Stephanie H</p> <p><b>ZUMBA</b> 5:45 PM-Stephanie R</p>	<p><b>LES MILLS BODYCOMBAT</b> 5:30 PM-NO CLASS</p>	<p>Haven't tried LesMills GRIT yet? Here's your chance! Join us Sunday at 3pm for a killer calorie burning workout New moves &amp; new music!</p>	<p><b>LES MILLS GRIT</b> STRENGTH 3:00 PM-Afton, Brandy</p> <p><b>LES MILLS RPM</b> 3:00 PM-Brooke</p> <p><b>YOGA</b> 4:00 PM-Alison (CrossFit Room)</p>