

NorthRidge Fitness Group X Schedule

November 23-November 29

| Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 | Saturday 28 | Sunday 29 |
|--|---|--|-------------------------|---|---|--|
| <p>LES MILLS GRIT CARDIO 5:15 AM-Brandy</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>8:30 AM-Stephanie H</p> <p>8:30 AM-Shannon</p> <p>TBC (30)* 9:15 AM-Shannon</p> <p>Pilates (30) 9:15 AM-Stephanie H</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 GRIT STRENGTH 5:15 AM-Jessica</p> | <p>SPINNING 8:00 AM-Stephanie H</p> <p>YOGA 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Stephanie H</p> <p>ZUMBA 10:15 AM-Raytonya</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-Christa</p> | <p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>SPINNING 5:30 PM-Brandy</p> <p>LES MILLS GRIT STRENGTH 5:30 PM-Afton</p> <p>ZUMBA 5:45 PM-Raytonya</p> | <p>LES MILLS BODYPUMP 4:30 PM-Laura</p> <p>LES MILLS BODYATTACK 5:45 PM-Brooke</p> <p>ZUMBA 5:45 PM-Raytonya</p> | | <p>LES MILLS BODYCOMBAT 5:30 PM-Shannon</p> | | <p>LES MILLS BODYATTACK 3:00 PM-Shannon</p> <p>LES MILLS RPM 3:00 PM-Hillary</p> <p>YOGA 4:00 PM-Alison (CrossFit Room)</p> |