

NorthRidge Fitness Group X Schedule

January 11-January 17

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
<p>LES MILLS GRIT / BODYATTACK STRENGTH 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-Brandy</p> <p>STEP (30) 8:30 AM-Shannon</p> <p>TBC* 9:15 AM-Monica</p> <p>Pilates (30) 9:15 AM-Shannon</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-Brandy</p> <p>SPINNING 8:30 AM-Shannon</p> <p>STEP (30) 8:30 AM-Renee</p> <p>LES MILLS GRIT STRENGTH 9:15 AM-Brandy</p> <p>Pilates (30)* 9:15 AM-Renee</p>	<p>LES MILLS GRIT STRENGTH 5:15 AM-Jessica</p> <p>SPINNING 8:30 AM-Renee</p> <p>PILATES SCULPT (45)* 8:30 AM-Monica</p> <p>POWER PUMP 9:15 AM-Renee</p>	<p>LES MILLS RPM 8:00 AM-Brandy</p> <p>YOGA* 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Anna</p> <p>ZUMBA 10:15 AM-Marnisha</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-Isabelle</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>LES MILLS RPM 5:30 PM-Brooke</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-Laura</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-Hillary</p> <p>ZUMBA 5:45 PM-Marnisha</p>	<p>LES MILLS BODYCOMBAT 5:30 PM-Shannon</p>		<p>LES MILLS BODYATTACK 3:00 PM-Jessica</p> <p>SPINNING 3:00 PM-Shannon</p> <p>YOGA 4:00 PM-Alison (GF Room 2)</p>