







NorthRidge Fitness Group X Schedule

December 14-December 20

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
<p>LES MILLS GRIT 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-Brooke</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 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> Santa's BOOTCAMP 8:30 AM-9:30 AM Come dressed in RED & GREEN to show your <i>Christmas Spirit!</i></p>	<p>LES MILLS GRIT STRENGTH 5:15 AM-Jessica</p> <p>LES MILLS RPM 8:30 AM-Stephanie H</p> <p>PILATES SCULPT (45)* 8:30 AM-Renee</p> <p>LES MILLS BODYPUMP 9:15 AM-Stephanie H</p>	<p>LES MILLS RPM 8:00 AM-Anna</p> <p>YOGA* 8:00 AM-Monica</p> <p>LES MILLS BODYPUMP 9:00 AM-Jessica 9:00 AM-Hillary</p> <p> ZUMBA 10:15 AM-Tara</p>	<p><i>*Available on Zoom</i></p> <p>GRIT Strength <i>Tuesday at 9:15 AM</i> <i>It's a 30-minute HIIT workout, designed to improve strength, cardiovascular fitness and build lean muscle.</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-Jessica</p> <p>LES MILLS BODYATTACK 5:30 PM-Brooke</p> <p> ZUMBA 5:45 PM-Stephanie R</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>LES MILLS RPM 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-Afton</p> <p> ZUMBA 5:45 PM-Raytonya</p>	<p>LES MILLS BODYCOMBAT 4:45 PM-Stephanie H</p> <p>LES MILLS RPM 5:30 PM-Brandy</p> <p>LES MILLS BODYPUMP 5:30 PM-Laura</p> <p> ZUMBA 5:45 PM-Stephanie R & Tara</p>	<p>LES MILLS BODYCOMBAT 5:30 PM-Shannon</p>		<p>LES MILLS BODYATTACK 3:00 PM-Jessica</p> <p>LES MILLS RPM 3:00 PM-Brooke</p> <p>YOGA 4:00 PM-Alison (GF Room 2)</p>