


NorthRidge Fitness Group X Schedule

May 3 -May 9

Monday 03	Tuesday 04	Wednesday 05	Thursday 06	Friday 07	Saturday 08	Sunday 09
<p>LES MILLS GRIT STRENGTH 5:15 AM-Brandy</p> <p>LES MILLS RPM 8:00-8:30 AM-Brandy</p> <p>LES MILLS BODYPUMP 8:30 AM-Shannon</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-Brandy</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 (45 Min)</p> <p>CINCO DE MAYO ZUMBA 9:20-10 AM-Marnisha</p> <p>YOGA (45)* 9:30 AM-Monica</p>	<p>LES MILLS RPM 5:30 AM-Anna</p> <p>SPINNING 8:30 AM-Renee</p> <p>STEP (30) 8:30 AM-Shannon</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>LES MILLS BODYATTACK 8:30 AM-Shannon (30 Mins)</p> <p>PILATES SCULPT (45)* 8:30 AM-Monica</p> <p>POWER PUMP 9:15 AM-Renee (30 Mins)</p>	<p>YOGA* 8:00 AM-Stephanie H</p> <p>LES MILLS RPM 8:00 AM-Brooke</p> <p>LES MILLS BODYPUMP 9:00 AM-Jessica</p> <p>ZUMBA 10:15 AM-Marnisha</p>	<p><i>*Available on Zoom</i></p> <p>Happy Mother's Day</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			
<p>LES MILLS BODYPUMP 4:30 PM-Stephanie H</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-Alison</p> <p>LES MILLS GRIT STRENGTH 5:30 PM-Afton</p> <p>ZUMBA 5:45 PM-Marnisha</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>LES MILLS RPM 5:30 PM-Brandy</p> <p>LES MILLS BODYPUMP 5:30 PM-Laura</p> <p>ZUMBA 5:45 PM-Isabelle</p>	<p>LES MILLS BODYCOMBAT 5:30 PM-Stephanie H</p>	<p>ZUMBA 2:00 PM-Marnisha</p> <p>LES MILLS BODYATTACK 3:00 PM-Jessica</p> <p>LES MILLS RPM NO CLASS THIS WEEK</p> <p>YOGA 4:00 PM-Alison</p>	