


March 2021 Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM		HANNAH LES MILLS BODYPUMP				
7:45 AM	LISA H.I.I.T.			LISA H.I.I.T.		
8:00 AM					LISA LES MILLS barre	
9:00 AM	LISA LES MILLS BODYPUMP	LISA LES MILLS BODYCOMBAT	LISA LES MILLS BODYPUMP	LISA LES MILLS BODYFLOW	LISA LES MILLS BODYPUMP	THERESA/HANNAH LES MILLS BODYPUMP
10:00 AM						THERESA / LISA LES MILLS BODYCOMBAT
6:00 PM	HEATHER H.I.I.T.	THERESA LES MILLS BODYPUMP	VIRTUAL LES MILLS barre	THERESA LES MILLS BODYPUMP	 <p>Don't Wish For It!! Work For It!!</p>	
7:00 PM	VIRTUAL LES MILLS BODYFLOW			VIRTUAL LES MILLS BODYFLOW		



FEBRUARY 2021 GROUP FITNESS SCHEDULE

Monday

745 AM - HIIT
9 AM – BodyPump
6 PM – HIIT

Wednesday

9 AM – BodyPump

Friday

8 AM – Les Mills Barre
9 AM – BodyPump

Tuesday

545 AM – BodyPump
9 AM – BodyCombat
6 PM – BodyPump

Thursday

745 AM – HIIT
9 AM – BodyFlow
6 PM – BodyPump

Saturday

9 AM – BodyPump
10 AM – BodyCombat