

Northwest Group Fitness Schedule STUDIO A

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:30am		Body Circuit Kelly		Boot Camp Kelly			
7:00am	LES MILLS BODYFLOW Lori			PILATES Lori	LES MILLS BODYFLOW Kimberly		
7:15am						LES MILLS BODYPUMP Linda	
8:00am		STRENGTH HOUR Valerie (7:50)	LES MILLS BODYPUMP (Express) Lori	STRENGTH HOUR Valerie	ABS 15 MINS.		LES MILLS BODYPUMP Brandon
8:15am	LES MILLS BODYPUMP Lori				LES MILLS BODYPUMP Michelle	LES MILLS CXWORX Michelle	
8:30am			LES MILLS CXWORX Lori	SUPER STEP Karen 8:50am			
9:00am		Body Shred Linda (45 min.)	PILATES Lori(9:15)		Body Shred Holly/Kelly 9:15am	LES MILLS BODYJAM James	LES MILLS BODYCOMBAT Mandy
9:20 am	LES MILLS BODYCOMBAT Brooke						
9:45am		LES MILLS BODYPUMP Karen O.		LES MILLS BODYPUMP (Express)Michelle			
10:00am				LES MILLS CXWORX Michelle 10:15am	 ZUMBA Rachel	yoga Karen	LES MILLS BODYFLOW Debbie/Lyra
10:30am	 Silver Sneakers MSRM/Lori		 Silver Sneakers MSRM/Suzanne				
10:45am		yoga Leah					
11:00am				 Silver Sneakers Low Impact Cardio Suzanne	 Silver Sneakers YogaStretch / Mary		yoga Barb
11:45am		 Silver Sneakers Low Impact Cardio Suzanne					
12:00pm	 ZUMBA Gold/Mary		 ZUMBA Rachel				
4:25pm	yoga Randy Sue	LES MILLS BODYFLOW Kimberly					
5:30pm	LES MILLS BODYJAM James/Barbara	LES MILLS BODYSTEP CLASSIC Rima		LES MILLS BODYCOMBAT Kate/Jen			
5:45pm			LES MILLS BODYPUMP Michelle				
6:30pm	LES MILLS BODYPUMP Michelle	 STRONG by ZUMBA Rachel/Melanie	LES MILLS CXWORX Michelle(6:50pm)	 ZUMBA Paola			