







## Platinum Fitness SouthEast GROUP X

Time	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
8:30 AM	 ZUMBA 55 min - Lynne	<b>LES MILLS</b> <b>BODYPUMP</b> 55 min - Nubia	 ZUMBA 55 min - Elizabeth	<b>LES MILLS</b> <b>BODYPUMP</b> 55 min - Mary	 ZUMBA 55 min - Guille	8:30 AM	<b>LES MILLS</b> <b>BODYPUMP</b> 55 min - Stephan	<b>LES MILLS</b> <b>BODYATTACK</b> 55 min - Mary
9:40 AM	<b>LES MILLS</b> <b>BODYFLOW</b> 55 min - Adrian	<b>LES MILLS</b> <b>BODYCOMBAT</b> 55 min - Carol	<b>LES MILLS</b> <b>BODYFLOW</b> 55 min - Dotti	<b>LES MILLS</b> <b>BODYCOMBAT</b> 55 min - Carol	<b>LES MILLS</b> <b>BODYFLOW</b> 55 min - Mari	9:35 AM	<b>LES MILLS</b> <b>BODYCOMBAT</b> 55 min - Heidi&Team	<b>Turbo</b> <b>KICK</b> 55 min - Daisha
5:30 PM	 ZUMBA 55 min - Guille	<b>LES MILLS</b> <b>BODYPUMP</b> 55 min - Michelle	<b>LES MILLS</b> <b>CXWORX</b> 30 min - Harmony	<b>LES MILLS</b> <b>BODYPUMP</b> 55 min - Harmony	 ZUMBA 55 min - Brittany	10:30 AM		 ZUMBA 55 min - Elizabeth
6:10 PM			<b>Turbo</b> <b>KICK</b> 55 min - April			10:40 AM	<b>LES MILLS</b> <b>BODYFLOW</b> 55 min - Dotti/Deneyse	
6:30 PM		<b>LES MILLS</b> <b>BODYCOMBAT</b> 55 min - Heidi&Julie						
6:40 PM	<b>LES MILLS</b> <b>CXWORX</b> 30 min - Heidi&Janae			<b>POUND</b> <small>ROCKOUT. WORKOUT.</small> 55 min - Elizabeth				

Revised 12/01/2018