

Northwest Group Fitness Schedule STUDIO A

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