




# January Group Ex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Morgan <b>LES MILLS BODYPUMP</b>	Kelly <b>SHRED</b>	P90X	Robbie <b>SHRED</b>	Morgan <b>LES MILLS BODYPUMP</b>		
6:00	Kim <b>LES MILLS BODYPUMP</b>	Les Mills Body Flow	Kim <b>LES MILLS BODYPUMP</b>	Les Mills Body Flow	Les Mills Body Pump		
7:00	Cardio	Cardio/Strength	Strength	Cardio/Strength	Cardio/Strength	7:30 <b>SHRED</b>	
8:00	Donna Yoga	Nancy W. <b>LES MILLS BODYPUMP</b>	Donna Yoga	Jen <b>Step Express</b>	Donna Yoga	8:15 <b>LES MILLS BODYPUMP</b>	
8:45	Kelly <b>LES MILLS BODYATTACK</b>	Cammie <b>Shred Express LES MILLS CXWORX</b> (CX at 9:15)	Kelly <b>LES MILLS BODYATTACK</b>	Kelly <b>Shred Express LES MILLS CXWORX</b> (CX at 9:15)	Stefanie <b>LES MILLS BODYCOMBAT</b>	8:15 <b>SPIN</b>	
9:45	Cammie <b>LES MILLS BODYPUMP</b>	Judy Beginner Pilates Stretch	Stephanie <b>LES MILLS BODYPUMP</b>	Allison Pilates	Cammie <b>LES MILLS BODYPUMP</b>	9:15 <b>LES MILLS BODYPUMP</b>	
10:45	Rebecca Sr. Cardio Fit	Joanne 	Jennifer Yoga	Gretchen Sr. Cardio Fit	Rebecca Sr. Cardio Fit	10:15 CARDIO ROTATION	
11:45	Nancy D. Shred Low	Gretchen Yoga	Nancy D. Shred Low	Gretchen Yoga	Cardio/ Strength		
1:00 pm	Cardio/ Strength	Les Mills CX WORX	Les Mills Body Combat	Les Mills CX WORX	Les Mills Body Pump	Cardio	
2:00	Les Mills CX WORX	Cardio	Les Mills CX WORX	Cardio	Les Mills CX WORX	Les Mills Body Pump	1:30 Mechelle <b>Step Express</b>
3:30	Les Mills Body Pump	CXWorx	Bodyflow Express	CXWorx	Les Mills Body Pump	Bodyflow	2:30 <b>LES MILLS BODYPUMP</b>
4:00		Cardio Step	Wendi <b>LES MILLS BODYPUMP</b>	Shabam		Les Mills Body Combat	3:30 Jennifer <b>Yoga</b>
4:45	Jen <b>LES MILLS CXWORX</b>	Ali <b>LES MILLS BODYATTACK</b>	Stephanie <b>SHRED</b>	Stephanie <b>LES MILLS BODYCOMBAT</b>	Les Mills Body Pump	Yoga	Les Mills Body Combat
5:30	Jen <b>Step Express</b>	Lindsay <b>LES MILLS BODYPUMP</b>	Tasha 	Kim <b>LES MILLS BODYPUMP</b>	CORE		
6:30	Kim <b>LES MILLS BODYPUMP</b>	Stefanie <b>LES MILLS BODYCOMBAT</b>	Anna Yoga	Stefanie 	Bodyflow		
7:30	Les Mills Bodyflow	Yoga	Les Mills Body Pump	Les Mills CX WORX			
8:30	Les Mills CX WORX	Les Mills Body Pump	Les Mills Body Combat	Advanced Cardio			

\* BodyPump participants should arrive 10 minutes before class to set up equipment.