


MARCH Group Ex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Morgan LES MILLS BODYPUMP	Kelly SHRED	Wendi LES MILLS BODYPUMP	Robbie SHRED	Morgan LES MILLS BODYPUMP		
6:00	Kim LES MILLS BODYPUMP		Kim LES MILLS BODYPUMP			7:30 SHRED	
8:00	Donna Yoga	Nancy W. LES MILLS BODYPUMP Express	Donna Yoga	Jen Step Express	Donna Yoga	8:15 LES MILLS BODYPUMP	
8:45	Kelly LES MILLS BODYATTACK	Cammiie Shred Express	Kelly LES MILLS BODYATTACK	Kelly Shred Express	Stefanie LES MILLS BODYCOMBAT	8:15 SPIN	
9:15		Cammiie LES MILLS CXWORX		Kelly LES MILLS CXWORX		9:15 LES MILLS BODYPUMP	
9:45	Cammiie LES MILLS BODYPUMP	Judy Beginner Pilates Stretch	Stephanie LES MILLS BODYPUMP	Judy Beginner Pilates Stretch	Cammiie LES MILLS BODYPUMP	10:15 CARDIO ROTATION	
11:00	Rebecca Sr. Cardio Fit	Joanne 	Jennifer Yoga	Gretchen Sr. Cardio Fit	Rebecca Sr. Cardio Fit		
12:00	Nancy D. Shred Low	Gretchen Yoga	Nancy D. Shred Low	Gretchen Yoga			
4:00			Wendi LES MILLS BODYPUMP	Lacey 			1:30 Mechelle Step Express
4:45	Jen LES MILLS CXWORX	Ali LES MILLS BODYATTACK		Saana LES MILLS BODYCOMBAT			2:30 LES MILLS BODYPUMP
5:30	Jen Step Express	Lindsay LES MILLS BODYPUMP	Tasha 	Kim LES MILLS BODYPUMP			2:30 Jennifer Deep Water Running
6:30	Kim LES MILLS BODYPUMP	Stefanie LES MILLS BODYCOMBAT	Anna Yoga	Stefanie 			3:30 Jennifer Yoga

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

*Virtual classes are available during non-class times.