


# September Group Ex Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Morgan <b>LES MILLS BODYPUMP</b>	Leah <b>SHRED</b>		Robbie <b>SHRED</b>	Morgan <b>LES MILLS BODYPUMP</b>		
6:00	Kim <b>LES MILLS BODYPUMP</b>		Kim <b>LES MILLS BODYPUMP</b>			7:30 <b>SHRED</b>	1:30 Mechelle <b>Stop Express</b>
8:00	Donna <b>Yoga</b>	Nancy W. <b>LES MILLS BODYPUMP Express</b>	Donna <b>Yoga</b>	Pam <b>Stop Express</b>	Donna <b>Yoga</b>	8:15 <b>LES MILLS BODYPUMP</b>	2:00 Jennifer <b>Deep Water Running</b>
8:45	Kelly <b>LES MILLS BODYATTACK</b>	Cammie <b>Shred Express</b>	Kelly <b>LES MILLS BODYATTACK</b>	Kelly <b>Shred Express</b>	Stefanie <b>LES MILLS BODYCOMBAT</b>	8:15 <b>SPIN</b>	2:30 <b>LES MILLS BODYPUMP</b>
9:15		Cammie <b>LES MILLS CXWORX</b>		Kelly <b>LES MILLS CXWORX</b>		9:15 <b>LES MILLS BODYPUMP</b>	3:30 Jennifer <b>Yoga</b>
9:45	Cammie <b>LES MILLS BODYPUMP</b>	Judy <i>Beginner Pilates Stretch</i>	Stephanie <b>LES MILLS BODYPUMP</b>	Judy <i>Beginner Pilates Stretch</i>	Cammie <b>LES MILLS BODYPUMP</b>	9:30 Aqua Fit	
11:00	Rebecca Sr. Cardio Fit	Tee <b>Senior MOVE!</b>	Jennifer <b>Yoga</b>	Gretchen Sr. Cardio Fit	Rebecca Sr. Cardio Fit	10:15 CARDIO ROTATION	
12:00	Nancy D. Shred Low	Gretchen <b>Yoga</b>	Nancy D. Shred Low	Gretchen <b>Yoga</b>		11:00 Senior Cardio Dance <b>NEW!</b>	
4:00	<b>LES MILLS BODYPUMP Express</b>		<b>LES MILLS BODYPUMP Express</b>	Jennifer <b>Yoga</b>			
4:45	Jennifer <b>Yoga</b>	Ali <b>LES MILLS BODYATTACK</b>	Tasha  <b>ZUMBA</b>	Saana <b>LES MILLS BODYCOMBAT</b>			
5:30	Donna A. <b>Stop Express</b>	Lindsay <b>LES MILLS BODYPUMP</b>	Leah <b>SHRED</b>	Kim <b>LES MILLS BODYPUMP</b>			
6:30	Kim <b>LES MILLS BODYPUMP</b>	Stefanie <b>LES MILLS BODYCOMBAT</b>		Hannah <i>Pilates</i>			