



Group Fitness Class Schedule

Effective 7/6/2020

(Revised 6/26/2020)

(360) 350-0151

5401 Corporate Center Lp SE
Lacey, WA 98503

Group Fitness Weekend Schedule

Please note start time differs from weekday schedule

Time: Mon-Fri	Monday	Tuesday	Wednesday	Thursday	Friday	Time: Sat	Saturday	Time: Sun	Sunday
5:30 AM		LES MILLS BODYPUMP JERRIE		LES MILLS BODYPUMP JERRIE					
8:00 AM	LES MILLS BODYPUMP SUE	MECKMECK	LES MILLS BODYPUMP LORA	MECKMECK	LES MILLS BODYFLOW AMY J/ AMY J & LORA	8:00 AM	LES MILLS BODYPUMP RACHAEL		
9:30 AM	LES MILLS BODYATTACK SUE & CINDY	LES MILLS BODYPUMP AMY C	LES MILLS RPM CHRISTIE	LES MILLS BODYPUMP NADINE	LES MILLS sprint 9:30 30 min. 10:00 LES MILLS BODYFLOW 30 min. WENDY	9:30 AM	LES MILLS BODYCOMBAT VICTORIA/ VICTORIA&KIRSTEN		
11:00 AM	MECKMECK&ROSANNA		LES MILLS BODYFLOW CHRISTIE	THRIVE SENIORS Balance & Strength 30 min. CINDY		11:00 AM	LES MILLS BODYFLOW AMY J/ AMY J & KIRSTEN		
12:00 PM	THRIVE SENIORS Silver Thrivers Cardio JERRIE								
4:30 PM	LES MILLS sprint 4:30 30 min. 5:00 LES MILLS BODYFLOW 30 min. CHRISTIE	LES MILLS BODYPUMP RACHAEL		LES MILLS BODYPUMP SUE					
5:00 PM			LES MILLS CXWORX AMY C		MECKMECK				
6:00 PM	LES MILLS BODYPUMP ROCHELLE		LES MILLS BODYCOMBAT AMY C	LES MILLS BODYSTEP VICTORIA & ROCHELLE		~Participants please sign at the front desk ~Classes are limited by code, space, or equipment ~All classes are subject to change, cancel, or substitute instructor at any time			
7:30 PM	YOGA VENA			MIXXEDFIT APRIL					