

Group Fitness Class Schedule

Effective 10/1/2018 (Revised 10/1/2018)

(360) 350-0151

5401 Corporate Center Lp SE Lacey, WA 98503

Group Fitness <u>Weekend</u> 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	RPM. ALEXANDRA	BODYPUMP 5:30 AM LESLIE 6:00 AM RACHEL T	RPM. MAMO	BODYPUMP.		7:15 AM	RPM. MARIBETH & MAMO		
8:20 AM	BODYPUMP.	ZÚMBA MECKMECK	BODYPUMP LORA	ZÚMBA ZÚMBA MECKMECK	Lesmills BODYFLOW Christie/Lora	8:15 AM	BODYPUMP. ROCHELLE		
9:30 AM	LESMILLS BODYATTACK. MARIA & WENDY	SUE 10:00 AM CXWORX RACHEL T & CINDY	RPM. CHRISTIE	LESMILLS BODYPUMP NADINE	Cycling	9:25 AM	CXWORX RACHEL T	Time:	Sunday
10:40 AM	ZUMSA TAYLOR	LESMILLS BODYCOMBAT. MARIA	BODYFLOW. ANIESKA	MIXXEDFIT. JACKIE	LESMILLS BODYCOMBAT.	10:00 AM	Lesmills Even Dates-Victoria Lesmills BODYCOMBAT Odd Dates-EMILY	8:15 AM	LESMILLS BODYATTACK 45 min Express CINDY
12:00 PM	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm & 1pm Class Membership not required.	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm & 1pm Class Membership not required.	12 noon Silver Thrivers Cardio Class Membership not required.	11:05 AM	LESMILLS BODYFLOW MOLLY/STEPHANIE	9:10 AM	BODYFLOW. JANET&MARIBETH
4:30 PM	BODYSTEP	LESLIE LESLIE	ZUMBA Amess MECKMECK	BROOKE		12:15 PM		10:20 AM	
5:40 PM	Lesmills BODYPUMP	BETH & STEPHEN 6:10 PM WENDY	6:10 CXWORX VICTORIA	BODYSTEP	ZUMBA ZUMBA MECKMECK				
6:50 PM	BODYCOMBAT.	BODYFLOW. JANET & MARIBETH / WENDY	RPM. MAMO & MARIBETH	MIXXEDFIT.		~Participants please sign at the front desk			
8:00 PM	YOGA N		YOGA J			the front desk -We will always strive to bring you the best classes with the best instructors to meet your needs			