

Group Fitness Class Schedule

Effective 9/25/2017 (Revised 9/15/2017)

(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	LESMILLS RPM.	BODYPUND 5:30 AM ANIESKA 6:00 AM RACHEL T	RPM. MICHELLE	LESMILLS BODYPUMP LESLIE	BODYFLOW. ANIESKA	7:15 AM	LESMILLS RPM. MARIBETH & MAMO		,
8:20 AM	BODYPUMP LORA	ZUMBA MECKMECK	BODYPUMP.	ZUMBA MECKMECK	BODYFLOW. LORA/CHRISTIE	8:15 AM	LESMILLS BODYPUMP.		
9:30 AM	LESMILLS BODYATTACK. MARIA & WENDY	BODYPUMP 9:30 AM LESLIE 10:00 AM CXWORX RACHEL T	MIXXEDFIT.	LESMILLS BODYPUMP	Cycling	9:25 AM	CXWORX RACHEL T & MAMO	Time:	Sunday
10:40 AM	ZVMEA HEATHER	LESMILLS BODYCOMBAT.	BODYFLOW. WENDY/STEPHANIE	MIXXEDFIT. JAYME	A BODYSTEP 10:40 11:15 CXWORX	10:00 AM	BODYSTEP Even Dates-RACHAEL M BODYCOMBAT Odd Dates-DANI	8:15 AM	LESMILLS BODYATTACK. 45 min Express Cindy & Rachel T
12:00 PM	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm, 1pm, & 2pm Class Membership not required.	12 noon Silver Thrivers Cardio 1pm Silver Thrivers Classic Class Membership not required.	Balance & Strength for Seniors 12pm, 1pm, & 2pm Class Membership not required.		11:05 AM	LRSMILLS BODYFLOW.	9:10 AM	BODYFLOW. JANET&MARIBETH
4:30 PM	BODYSTEP.	BODYPUMP. LESLIE	ZUMBA MECKMECK	BODYPUMP ANIESKA		12:15 PM		10:20 AM	
5:40 PM	Lesmills BODYPUMP.	STEPHEN 6:10 PM WENDY	6:10 CXWORX VICTORIA	LESMILLS BODYSTEP RACHAEL M	ZUMBA ZUMBA MECKMECK				
6:50 PM	BODYCOMBAT.	BODYFLOW. JANET&MARIBETH/ WENDY	RPM. MAMO & MARIBETH	MIXXEDFIT.	MIXXEDFIT. JAYME	~Participants please sign at the front desk			
8:00 PM	YOGA N		YOGA J	YOGA RALPH		the front desk ~We will always strive to bring you the best classes with the best instructors to meet your needs			