



ATHLETIC CLUB
HERITAGE HILLS

Group Fitness Schedule



ATHLETIC CLUB
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Studio A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LES MILLS BODYSTEP Jamie L. 5:15-6:00AM	LES MILLS BODYPUMP Jamie L. 5:15-6:00AM	LES MILLS BODYPUMP Steph S. 8:30-9:15AM	LES MILLS BODYPUMP Lisa Sands 5:15-6:00AM	LES MILLS BODYPUMP Meghan G. 8:30-9:00AM	LES MILLS GRIT Jamie/Torrey 7:30-8:00AM	LES MILLS BODYATTACK Jamie L. 8:30-9:30AM
POUND Lori N. 8:00-8:45AM	BODYBLAST Melissa T. 8:30-9:30AM	ATHLETIC CHALLENGE Jeanean S. 9:30-10:15AM	POUND Lori N. 8:00-8:30AM	POUND Meghan G. 9:00-9:30AM	LES MILLS BODYSTEP Jamie L. 8:00-9:00AM	LES MILLS BODYPUMP Kerry/Meghan 9:30-10:30AM
LES MILLS BODYPUMP Kerry M. 9:00-10:00AM	LES MILLS BODYATTACK Steph S. 9:30-10:15AM	Silver&Fit. Becky G. 10:30-11:15AM	BODYBLAST Melissa T. 8:30-9:30AM	BARRE Jodie S. 9:30-10:30AM	BARRE Jodie S. 9:00-10:00AM	LES MILLS BODYFLOW Anne/Kerry 10:30-11:30AM
ZUMBA Jodie S. 10:00-11:00AM	ZUMBA Meghan G. 10:45-11:30AM	Silver&Fit. Jill B. 11:15-12:00PM	ZUMBA Jodie S. 9:30-10:30AM	Silver&Fit. Lori N. 11:00-12:00PM	ZUMBA Corrie H. 10:00-11:00AM	
Silver&Fit. Becky/Jill 11:00-12:00PM	Silver Sneakers Yoga Stretch Meghan G. 11:45-12:30PM	LES MILLS BODYATTACK Liz L. 4:45-5:30PM	Silver Sneakers BOOM Judy S. 10:45-11:15AM	LES MILLS CXWORX Jamie L. 5:00-5:30PM		
HITT Melissa 4:30-5:30PM	LES MILLS BODYCOMBAT Nicole E. 5:15-6:00PM	BARRE Becky G. 5:30-6:30PM	Silver Sneakers Yoga Stretch Sally R. 11:30-12:15PM	LES MILLS BODYATTACK Jamie L. 5:30-6:00PM		
BARRE Jodie S. 5:30-6:30PM	LES MILLS CXWORX Jamie L. 6:00-6:30PM	ZUMBA Corrie H. 6:30-7:30PM	LES MILLS BODYSTEP Jamie L. 4:30-5:15pm			
ZUMBA Corrie H. 6:30-7:30PM	LES MILLS BODYPUMP Jenna S. 6:30-7:15PM		POUND Meghan G. 5:30-6:00PM			
			LES MILLS BODYPUMP Meghan G. 6:00-6:30PM			
			LES MILLS BODYFLOW Anne C. 6:30-7:30PM			

Studio B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga CORE Lori N. 9:30-10:30AM	LES MILLS BODYFLOW Jennifer S. 8:30-9:30AM	Yoga CORE Lori N. 9:30-10:30AM	LES MILLS BODYFLOW Kerry M. 8:30-9:30AM	HITT Jenna S. 8:30-9:15AM	Vinyasa Yoga Rebecca F. 9:00-10:00AM	
Vinyasa Yoga Rebecca F. 5:00-6:00PM	Gentle Yoga Lucia K. 9:30-10:30AM	CARDIO-KICKBOXING Melissa T. 5:30-6:30PM	Gentle Yoga Lucia K. 9:30-10:30AM	Silver Sneakers Meghan G. 9:30-10:15AM		
	YOGA Deb J. 6:30-7:30PM		YOGA Deb J. 6:30-7:30PM	Yoga CORE Sally R. 10:15-11:15AM		

Cycle Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING Ami T. 6:00-6:45AM	CYCLING Melissa T. 9:30-10:15AM	LES MILLS sprint Jamie L. 5:30-6:00AM	CYCLING Jen S. 9:30-10:15AM	LES MILLS sprint Lisa Schreiber 5:30-6:00AM	CYCLING Lisa Sands 8:00-8:45AM	CYCLING Jeanean S. 8:30-9:15AM
CYCLING Jen S. 9:30-10:15AM	LES MILLS sprint Steph S. 5:30-6:00PM	LES MILLS sprint Lisa Schreiber 5:30-6:00PM	LES MILLS sprint Steph S. 5:30-6:00PM	LES MILLS sprint Steph S. 9:30-10:00AM		CYCLING Ami T. 9:30-10:15AM
CYCLING Melissa T. 7:00-8:00PM		CYCLING Melissa T. 7:00-8:00PM				

Effective 9/23/19