



ATHLETIC CLUB
HERITAGE HILLS

Group Fitness Schedule



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Studio A

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|--|--|
| LES MILLS BODYPUMP Kerry M. 8:30-9:15am | LES MILLS BODYFLOW Kerry M. 8:30-9:30AM | ATHLETIC CHALLENGE Jeanean S. 9:30-10:15AM | TABATA Becky G. 9:30-10:30AM | LES MILLS BODYPUMP Kerry M. 8:30-9:15AM | CYCLING Lisa S. 8:00-8:45AM | CYCLING Jeanean S. 8:30-9:15AM |
| Silver&Fit. Jill B. 11:15-12:15PM | POUND Brooke N. 5:15-6:00PM | Silver&Fit. Jill B. 11:15-12:15PM | LES MILLS sprint Steph S. 5:30-6:00PM | BARRE Becky G. 9:30-10:30AM | LES MILLS BODYSTEP Jamie L. 8:00-9:00AM | LES MILLS BODYATTACK Jamie L. 8:45-9:15AM |
| LES MILLS BODYCOMBAT Brooke N. 5:30-6:30PM | LES MILLS sprint Steph S. 5:30-6:00PM | LES MILLS BODYATTACK Liz L. 4:30-5:15PM | POUND LES MILLS BODYPUMP Meghan G. 5:30-6:30PM | Silver&Fit. Lori N. 10:45-11:45AM | | LES MILLS BODYPUMP Jamie L. 9:30-10:30AM |
| ZUMBA Gina N. 6:45-7:30PM | | BARRE Becky G. 5:30-6:30PM | LES MILLS BODYFLOW Anne C. 6:45-7:45PM | | | |

Childcare Hours

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|--|------------------------|--------------------------|
| Monday-Thursday 8:30AM-10:30AM 5:00PM-8:00PM | Friday 8:30-10:30AM | Saturday 8:00-10:00AM |
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Please read and follow the Covid-19 protocols that are posted outside of the studios.

Schedule is subject to change without notice. Please check our Facebook page for the most up to date information on substitutions and cancellations.

Effective 2/15/2021