



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 BODYPUMP Jamie L. 9:30-10:30AM
LES MILLS BODYCOMBAT Brooke N. 5:30-6:15PM	LES MILLS sprint Steph S. 5:30-6:00PM	BARRE Becky G. 5:30-6:30PM	POUND LES MILLS BODYPUMP Meghan G. 5:30-6:30PM	Silver&Fit. Lori N. 10:45-11:45AM		
ZUMBA Gina N. 6:30-7:30PM		LES MILLS SHBAM Dana F. 6:45-7:30PM	LES MILLS BODYFLOW Anne C. 6:45-7:30PM			

Childcare Hours

Monday-Thursday 8:30AM-10:30AM 5:00PM-7:45PM	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 1/4/2021