



ATHLETIC CLUB
HERITAGE HILLS

Group Fitness Schedule



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Studio A

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

Childcare Hours

Monday-Friday 8:30-10:30AM	Mon/Tue/Thur 5:00-8:00PM Wednesday 4:30-8:00PM	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 5/20/2021