



ATHLETIC CLUB  
HERITAGE HILLS

# Group Fitness Schedule



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## Studio A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LesMILLS BODYPUMP</b> Kerry M. 8:30-9:15am	<b>LesMILLS BODYPUMP</b> Jamie L. 5:15-6:00AM	<b>LesMILLS BODYPUMP</b> Steph S. 8:30-9:15AM	<b>LesMILLS BODYPUMP</b> Lisa S. 5:15-6:00AM	<b>LesMILLS BODYPUMP</b> Kerry M. 8:30-9:15AM	<b>LesMILLS BODYSTEP</b> Jamie L. 8:00-9:00AM	<b>LesMILLS BODYATTACK</b> Jamie L. 8:30-9:15AM
<b>yogacore</b> Lori N. 9:30-10:30AM	<b>LesMILLS BODYFLOW</b> Kerry M. 8:30-9:30AM	<b>ATHLETIC CHALLENGE</b> Jeanean S. 9:30-10:15AM	<b>TABATA</b> Becky G. 9:30-10:30AM	<b>BARRE</b> Becky G. 9:30-10:30AM	<b>LesMILLS SH'BAM ZUMBA</b> Rotation 9:15-10:00AM	<b>LesMILLS BODYPUMP</b> Jamie L. 9:30-10:30AM
<b>Silver&amp;Fit.</b> Jill B. 11:15-12:15PM	<b>LesMILLS BODYCOMBAT BODYSTEP</b> Rotation 9:45-10:30AM	<b>Silver&amp;Fit.</b> Jill B. 11:15-12:15PM	<b>POUND</b> Meghan G. 5:15-5:45PM	<b>Silver&amp;Fit.</b> Becky G./Lori N. 10:45-11:45AM		
<b>BODYBLAST</b> Melissa T. 4:30-5:15PM	<b>POUND</b> Brooke N. 5:15-6:00PM	<b>LesMILLS BODYATTACK</b> Liz L. 4:45-5:15PM	<b>LesMILLS BODYPUMP</b> Meghan G. 6:00-6:30PM		Please use the 15 minutes in between classes to sanitize equipment.	Schedule is subject to change without notice. Please check our Facebook page for the most up to date information on substitutions and cancellations.
<b>LesMILLS BODYCOMBAT</b> Brooke N. 5:30-6:15PM	<b>LesMILLS BODYPUMP</b> Meghan G. 6:15-7:00PM	<b>BARRE</b> Becky G. 5:30-6:30PM	<b>LesMILLS BODYFLOW</b> Anne C. 6:45-7:30PM			
<b>ZUMBA</b> Gina N. 6:30-7:30PM		<b>LesMILLS SH'BAM</b> Dana F. 6:45-7:30PM				

## Cycle Studio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>LesMILLS sprint</b> Steph S. 5:30-6:00PM		<b>LesMILLS sprint</b> Steph S. 5:30-6:00PM		<b>CYCLING</b> Lisa S. 8:00-8:45AM	<b>CYCLING</b> Jeanean S. 8:30-9:15AM

Effective 11/2/2020