



GROUP FITNESS SCHEDULE OCTOBER 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
7:00AM	Please contact our group fitness director, Morgan Hazelwood at morganffl24@yahoo.com with questions related to group fitness. All classes require sign-up at gympayment.com . LAUNCH WEEK for our LesMills classes is October 25 th -30 th . No class for BODYJAM 10/5 or BODYPUMP 10/7.				BODYPUMP Bobby	
8:30AM					BODYCOMBAT Lisa	BODYPUMP Bobby
9:30AM						CYCLING Patrice
5:30PM						
6:30PM						
7:00PM						
	4	5	6	7	8	9
7:00AM		BODYCOMBAT Hannah			BODYPUMP Bobby	
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Bobby
9:30AM						CYCLING Patrice
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP NO CLASS		
6:30PM	ZUMBA Chanel	BODYJAM NO CLASS		BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
	11	12	13	14	15	16
7:00AM		BODYCOMBAT Hannah			BODYPUMP Bobby	
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Bobby
9:30AM						CYCLING Stephanie
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP Kristie		
6:30PM	ZUMBA Chanel	BODYJAM Kristie		BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
	18	19	20	21	22	23
7:00AM		BODYCOMBAT Hannah			BODYPUMP Bobby	
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Bobby
9:30AM						CYCLING Patrice
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP Kristie		
6:30PM	ZUMBA Chanel	BODYJAM Kristie		BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			
LESMILLS LAUNCH WEEK! ALL NEW MUSIC AND CHOREOGRAPHY FOR BODYPUMP, BODYCOMBAT & BODYJAM!						
	25	26	27	28	29	30
7:00AM		BODYCOMBAT Hannah			BODYPUMP Bobby	
8:30AM	BODYPUMP Rachael		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Bobby
9:30AM						CYCLING NO CLASS
5:30PM	CYCLING Stephanie	BODYPUMP Kristie	CYCLING Patrice	BODYPUMP Kourtney		
6:30PM	ZUMBA Chanel	BODYJAM Kristie		BODYCOMBAT Ashley		
7:00PM			HIP HOP Stephanie			