

Land Fitness Class Schedule Beginning August 19th

MONDAY

8:30am - **BODYPUMP** Melinda
11:30am - **CXWORX**
1-3pm - Cleaning Aerobic Studio
4pm - **BODYPUMP** - Steve
5pm - **RPM** Melinda
6pm - **BODYATTACK** Mark
7pm - **BOSU Balance** Angie

TUESDAY

5:30 am - **BODYPUMP** Danielle
8:30am - **GRIT** Rennie
9am - **BODYCOMBAT**
9am - **Bliss Yoga** Bonnie T (SR)
10am - **BODYFLOW**
11:30am - **BODYPUMP** Pat
1-3pm - Cleaning Aerobic Studio
4:15pm - **BODYPUMP** Melinda
5:20pm - **CXWORX** Melinda
6pm - **BODYPUMP** Sam

WEDNESDAY

5:30am - **BODYATTACK** Thomas
8:30am - **BODYPUMP** Michelle
11:30am - **CXWORX**
1-3pm - Cleaning Aerobic Studio
4pm - **BODYPUMP** - Steve
5pm - **RPM** Melinda
5pm - **Stretch & Strengthen** Bonnie C (SR)
6pm - **BODYATTACK** Mark
7pm - **BOSU Balance** Angie

THURSDAY

5:30 am - **BODYPUMP** Danielle
8:30am - **GRIT** Rennie
9am - **BODYCOMBAT**
9am - **Bliss Yoga** Bonnie T (SR)
10am - **BODYFLOW**
11:30am - **BODYPUMP** Pat
1-3pm - Cleaning Aerobic Studio
4:15pm - **BODYPUMP** Melinda
5:20pm - **CXWORX** Melinda
6pm - **BODYPUMP** Sam

FRIDAY

5:30am - **BODYATTACK** Thomas
6:20am - **RPM** Sara
8:30am - **BODYPUMP** Michelle

SATURDAY

7am - **BODYPUMP** Sam

Classes listed without an instructor

Will be self led by video on TV