LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

August 2017 Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	**2**	**3**	**4**	**5**
	Instructors are subject to change!	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Krystal	5:00am RPM- John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Linda	9:00am BODYPUMP-Leslie
6	**7**	**8**	**9**	**10**	**11**	**12**
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Jean 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Leslie 5:30pm RPM-Lydia	5:15 RPM-Lydia 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Jean 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Linda	5:00am RPM- Lydia 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Krystal	9:00am BODYPUMP-Linda
13	**14**	**15**	**16**	**17**	**18**	**19**
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Jean 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Leslie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Jean 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Linda	5:00am RPMJohn 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm PUMP-Linda	9:00am PUMP-Krystal
20	**21**	**22**	**23**	**24**	**25**	**26**
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Jean	5:00am RPM- John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM- Lydia 5:30pm PUMP-Krystal	9:00am BODYPUMP-Jean
27	**28**	**29**	**30**	**31**		
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Jean	5:00am RPM- John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille		