LOUISIANA ATHLETIC CLUB ● PINEVILLE 318.487.1000

August 2017 GROUP FITNESS

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	**2**	**3**	**4**	**5**
	Instructors are subject to change!	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-staff **12:00 Move. Laugh. Connect** 4:30pm HIIT-Doris 5:30pm Zumba®-Angie	9:00am HIIT/Glutes/ABS-Krystal 10:00am TBS-Tabatha 11:10am Yoga-Emmy 4:30pm Core Fusion-Tabatha 5:30pm RIPPED-Rebekah	5:30am TBS-Kahne 9:00am Core Circuit-Rebekah 10:00am Pilates/Yoga Sculpting-Camille **12:00 Move. Laugh. Connect** 4:30pm RIPPED-Rebekah 5:30pm Zumba®-Angie	9:00am HIIT-Tabatha 10:00am Tap-staff 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Tabatha 10:00am Zumba- Angie 11:10 Yoga-Camille
6	**7**	**8**	**9**	**10**	**11**	**12**
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Pam 4:30pm Cardio Fusion-Doris 5:30pm HIIT-Rebekah 6:40pm Yoga-Camille	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam **12:00 Move. Laugh. Connect** 4:30pm HIIT-Doris 5:30pm Zumba®-Angie	9:00am HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Pam 4:30pm Core Fusion-Doris 5:30pm RIPPED-Rebekah	5:30am TBS-Kahne 9:00am Core Circuit-Doris 10:00am Pilates/Yoga Sculpting-Pam **12:00 Move. Laugh. Connect** 4:30pm RIPPED-Rebekah 5:30pm Zumba®-Rachel	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Pam 12:10pm Beginners Pilates-Pam	9:00am Cardio Fusion-Rebekah 10:00am Zumba-Angie 11:10 Yoga-Pam
13	**14**	**15**	**16**	**17**	**18**	**19**
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm HIIT-Tabatha 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam **12:00 Move. Laugh. Connect** 4:30pm HIIT-Tabatha 5:30pm Zumba®-Angie	9:00am HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Tabatha 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Core Circuit-Doris 10:00am Pilates/Yoga Sculpting-Pam **12:00 Move. Laugh. Connect** 4:30pm RIPPED-Rebekah 5:30pm Zumba®-Rachel	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Doris 10:00am Zumba-Rachel 11:10 Yoga-Emmy
20	**21**	**22**	**23**	**24**	**25**	**26**
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm HIIT-Tabatha 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam **12:00 Move. Laugh. Connect** 4:30pm HITT-Tabatha 5:30pm Zumba®-Tabatha	9:00am-HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Core Circuit-Doris 10:00am Pilates/Yoga Sculpting-Pam **12:00 Move. Laugh. Connect** 4:30pm RIPPED-Rebekah 5:30pm Zumba®-Rachel	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Doris 10:00am Zumba-Rachel 11:10 Yoga-Emmy
27	**28**	**29**	**30**	**31**		
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm HIIT-Tabatha 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam **12:00 Move. Laugh. Connect** 4:30pm HIIT-Doris 5:30pm Zumba®-Tabatha	9:00am HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Core Circuit-Doris 10:00am Pilates/Yoga Sculpting-Pam **12:00 Move. Laugh. Connect** 4:30pm RIPPED-Rebekah 5:30pm Zumba®-Rachel	**Please see the front desk for more information on the 12:00 Move. Laugh. Connect**	