



1804 MacArthur Drive, Suite B-340  
 ALEXANDRIA, LA 71360  
 318.445.9006

# October 2017 Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm PUMP-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 PUMP-Krystal
8	9	10	11	12	13	14
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm PUMP-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 PUMP-Krystal	9:00am PUMP-Krystal
15	16	17	18	19	20	21
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Kristine	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-Kristine	9:00am BODYPUMP-Jean
22	23	24	25	26	27	28
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Kristen	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-Kristine	9:00am BODYPUMP-Leslie
29	30	<b>Halloween</b>				
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am PUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille			<b>*9am BODYPUMP on Mondays &amp; Wednesdays will be a pilot class.</b>	<b>Instructors are subject to change!</b>