

September 2017 Group Fitness & RPM-LAC Alexandria						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Instructors are subject to change!	*9am BODYPUMP on Mondays & Wednesdays will be a pilot class.			5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-NO CLASS	No Classes
3	4	5	6	7	8	9
		5:15 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-staff	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-Linda
10	11	12	13	14	15	16
	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	5:15 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-staff	5:00am RPMJohn 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
17	18	19	20	21	22	23
	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	5:15 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-staff	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
24	25	26	27	28	29	30
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie *9:00am PUMP-Calleen 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 *9:00am PUMP-Calleen 12:15pm Lunch Crunch-Deb 5:30pm PUMP-staff	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-Jean