

July 2021

GROUP x & INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	***change **30-minute class *45-minute class	Instructors are subject to change!	For the latest updates download the LAC app	5:15am HIIT-Kelsey 9:00am Hi Lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:45pm Zumba-No class	**8:00am HIIT-Kelsey 9:00am Core Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-No class
4	5	6	7	8	9	10
	**8:00am HIIT-No class 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-No class 4:30pm Core Fusion-Doris 5:30pm Spin-No class 5:45pm Yoga-Megan	*9:00am LITE-Doris 9:00am Cycle X-Calleen 10:00am Tap-No class 12:00 Move. Laugh. Connect *5:30pm HIIT Yoga-Megan 5:30pm Cycle X-Calleen 6:30pm Zumba®-Christy	**8:00am HIIT-Calleen 9:00am Pump & Crunch- Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	5:15am HIIT-No class 9:00am Hi Lo-Doris 9:00am Spin-Calleen 10:00am Power Yoga-Megan 12:00 Move. Laugh. Connect 5:45pm Zumba-Megan	**8:00am HIIT-Calleen 9:00am Core Fusion-Doris 10:00am Tap-No class 11:10am Yoga-Emmy 12:00 Line Dance-No class	9:00am Full Body Fit- Rebekah 10:10am Zumba-Megan
11	12	13	14	15	16	17
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm Spin-Kylie 5:45pm Yoga-Megan	*9:00am LITE-Doris 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect *5:30pm Pound Fit-Pam 5:30pm Cycle X-Calleen 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch- Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	5:15am HIIT-Kelsey 9:00am Hi Lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga- Pam 12:00 Move. Laugh. Connect 5:45pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Core Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit- Rebekah 10:10am Zumba-Christy
18	19	20	21	22	23	24
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Spin-Kylie 5:45pm Yoga-Megan	*9:00am LITE-Doris 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect *5:30pm Pound Fun-Pam 5:30pm Cycle X-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am HIIT Yoga-Megan 10:00am TBS-Calleen 11:10am Hatha Yoga-Emmy 4:30pm Full Body Fit-Calleen	5:15am HIIT-Kelsey 9:00am Hi Lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:45pm Zumba-Megan	**8:00am HIIT-Calleen 9:00am HIIT Yoga-Megan 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit- Rebekah 10:10am Zumba-Casey
25	26	27	28	29	30	31
	**8:00am HIIT-Kelsey 9:00am Pump & Crunch- Linda 10:00am TBS-Calleen 11:10am Hatha Yoga-Emmy 4:30pm Full Body Fit-Calleen 5:30pm Spin-Kylie 5:45pm Yoga-No class	*9:00am No class 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect *5:30pm Pound Fun-Pam 5:30pm Cycle X-Leslie 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch- Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	5:15am HIIT-Kelsey 9:00am Hi Lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:45pm Zumba-Casey	**8:00am HIIT-Kelsey 9:00am Core Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit- Rebekah 10:10am Zumba-Christy