

LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

July 2021

Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	INSTRUCTORS ARE SUBJECT TO CHANGE!	For the latest updates download the LAC app		5:15am RPM-Gregg 12:15pm HIIT-Calleen 6:30pm Pilates & More-Jean	5:30pm Body Pump-No class	9:00am Body Pump-No class
4	5	6	7	8	9	10
	5:00am Body Pump-No class 9:00am HIIT-Shelly 5:30pm Body Pump- Natalie	5:15am RPM-Gregg 9:00am HIIT-Shelly 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:00am Body Pump- Natalie 9:00am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
11	12	13	14	15	16	17
	5:00am Body Pump- Natalie 9:00am HIIT-Shelly 5:30pm Body Pump- Natalie	5:15am RPM-Gregg 9:00am HIIT-Shelly 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:00am Body Pump- Natalie 9:00am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Calleen 6:30pm Pilates & More-Jean	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
18	19	20	21	22	23	24
	5:00am Body Pump- Natalie 9:00am HIIT-no class 5:30pm Body Pump- Natalie	5:15am RPM-Gregg 9:00am HIIT-Shelly 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:00am Body Pump-Jean 9:00am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:30pm Body Pump-Jean	9:00am Body Pump-Jean
25	26	27	28	29	30	31
	5:00am Body Pump- Natalie 9:00am HIIT-Calleen 5:30pm Body Pump- Natalie	5:15am RPM-Gregg 9:00am HIIT-no class 12:15pm HIIT-Calleen 6:30pm Pilates & More-Jean	5:00am Body Pump- Natalie 9:00am HIIT-Calleen 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Calleen 6:30pm Pilates & More-Jean	5:30pm Body Pump-Jean	9:00am Body Pump-Jean