

September 2019 Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 club hours:4:30-2p	3	4	5	6	7
	<p>No classes</p> 	5:15am RPM-Lydia 5:30pm Standing Barre-Lydia	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Jean 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Kristine	5:00am Spin-Trayce 5:30pm BODYFLOW-Micalee	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Kristine	9:00am BODYPUMP-Kristine
8	9	10	11	12	13	14
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-Lydia 5:30pm Standing Barre-Lydia	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Kristine	5:00am Spin-Trayce 5:30pm Burn-Lydia	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Jean	9:00am BODYPUMP-Jean
15	16	17	18	19	20	21
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-Lydia 5:30pm Standing Barre-Lydia	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Kristine	5:00am RPM-Lydia 5:30pm Burn-Lydia	5:00am Cut Up-Mitzi 5:15am RPM-Trayce 5:30pm BODYPUMP-Kristine	9:00am BODYPUMP-Kristine
22	23	24	25	26	27	28
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm Spin-Jeannie	5:15am RPM-Trayce 5:30pm Burn-Kelsey	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Kristine	5:00am Spin-Trayce 5:30pm Burn-Kelsey	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Linda	9:00am BODYPUMP-Linda
29	30					
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia					<p>Instructors are subject to change!</p>

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