

# GROUP FITNESS LIVE SCHEDULE EFFECTIVE 8/10/2020

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>MORNING</b>					
5:30am	Tabata/CX w/ Dawn (60 min)	Les Mills Tone w/ Wendy (45 min)	BodyPump w/Dawn (60 min)		
9:30am	Body Combat w/ Rebecca / Robin (60 min)		CardioStep w/Jenn (60 min)		Tabata w/Robin (45 min)

	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>MORNING</b>		
8:15am	CardioBlast w/Steven (45 min)	
8:30am		BodyCombat w/Rebecca (60 min)
10:00am		Les Mills Tone w/Steven (45 min)

<b>EVENING</b>					
5:00pm		Cx w/ Dawn (30 min)			
5:30pm	BodyPump w/ Dawn (60 min)	BodyCombat w/ Dawn (30 min)	BodyPump w/ Danielle (60 min)	CXWorx/Tabata w/Wendy (45 min)	BodyPump w/Joslyn (60 min)

<b>Live Group Cycling Schedule</b>		
Tuesday		
Saturday	8:15am 60 Min Cycling w/ Wendy	

**ORCHARD HILLS**  
ATHLETIC CLUB

