

ORCHARD HILLS

ATHLETIC CLUB

GROUP FITNESS SCHEDULE EFFECTIVE 7/6/2020 - ALL CLASSES ARE VIRTUAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
5:30	CXWorx 34 (30min)	GRIT 32 (30min)	BODYPUMP 106 (30min)	BARRE 3 (30min)	BODYCOMBAT 82 (52min)		
7:00		SH'BAM 34 (45min)		SH'BAM 38 (40min)			
8:00	BARRE 3 (30min)	CX 35 (30min)	Grit Cardio 31 (30min)		CX WORX 35 (30min)		
8:30						GRIT 30 (30min)	BODYCOMBAT 80 (60min)
9:30	BODYCOMBAT 76 (55min)	BODYPUMP 109 (55min)	(30min)	BODYPUMP 107 (55min)		CX WORX 35 (30min)	
11:00	CX WORX 34 (30min)	BODYCOMBAT 76 (55min)	BARRE 4 (30min)	SH'BAM 34 (45min)	BODYCOMBAT 76 (55min)	SH'BAM 35 (45min)	CX WORX 31 (30min)
12:00	GRIT CARDIO 30 (30min)	SH'BAM 34 (30min)	SH'BAM 32 (45min)		BARRE 4 (30min)	BARRE 5 (30min)	BODYPUMP 107 (55min)
	EVENING						
3:00						BODYPUMP 106 (60min)	GRIT CARDIO 31 (30min)
5:00		PILATES (30min)				Club Hours: Monday-Friday 5:00am-8:00pm Saturday & Sunday 8:00am-6:00pm  Together we are strong!	
5:30	BODYPUMP 107 (55min)		BODYCOMBAT 78 (30min)	CX WORX 34 (30min)	BODYPUMP 109 (60min)		
6:00		CX WORX 34 (30min)	BODYPUMP 108 (60min)				
7:00	SH'BAM 32 (45min)	BODYPUMP 106 (60min)	CX WORX 34 (30min)	BODYCOMBAT 77 (55min)	GRIT CARDIO 32 (30min)		