


LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

April 2021 Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 no class 4:30a-2p	3
				5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean		9:00am Body Pump- No class
4	5	6	7	8	9	10
	5:00am Body Pump-Jean 8:30am HIIT-No class 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Calleen 6:30pm Pilates & More-Jean	5:00am Body Pump-Jean 8:30am HIIT-Shelly 5:30pm Body Pump-Linda 6:30pm Belly Dance-Jean	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 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda 6:30pm Belly Dance-Jean	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:30pm Body Pump-Jean	9:00am Body Pump-Jean
18	19	20 MEMBER DAY	21	22	23	24
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda 6:30pm Belly Dance-Jean	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:30pm Body Pump- No class	9:00am Body Pump- No class
25	26	27	28	29	30	
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda 6:30pm Belly Dance-Jean	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:30pm Pilates & More-Jean	5:30pm Body Pump-Linda	INSTRUCTORS ARE SUBJECT TO CHANGE