

# LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

December 2020		Group Fitness & RPM-LAC Alexandria				
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:00am Body Pump-Jean 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:30pm Body Pump-No class	9:00am Body Pump-Natalie
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:30pm Body Pump-Jean	9:00am Body Pump-Jean
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 5:30pm Full Resistance-Calleen	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 5:30pm Full Resistance-Calleen	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> club closed	<b>26</b>
	5:00am Body Pump-Jean 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:00am Body Pump-Jean 8:30am HIIT-Shelly 5:30pm Body Pump-No class	No Classes	<b>Merry Christmas</b>	No Classes
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-No class	No Classes		