

# LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

## February 2021

## 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>                  | <b>6</b>                                 |
|           | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Natalie | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Natalie | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:30pm Body Pump-Natalie  | 9:00am Body Pump-Natalie                 |
| <b>7</b>  | <b>8</b>   | <b>9</b>   | <b>10</b>  | <b>11</b>  | <b>12</b>                 | <b>13</b>                                |
|           | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Natalie | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Linda   | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:30pm Body Pump-No class | 9:00am Body Pump-No class                |
| <b>14</b> | <b>15</b>  | <b>16</b>  | <b>17</b>  | <b>18</b>  | <b>19</b>                 | <b>20</b>                                |
|           | 5:00am Body Pump-Jean<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Natalie    | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Linda   | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:30pm Body Pump-Jean     | 9:00am Body Pump-Jean                    |
| <b>21</b> | <b>22</b>  | <b>23</b>  | <b>24</b>  | <b>25</b>  | <b>26</b>                 | <b>27</b>                                |
|           | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Natalie | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:00am Body Pump-Natalie<br>8:30am HIIT-Shelly<br>5:30pm Body Pump-Linda   | 5:15am RPM-Gregg<br>12:15pm HIIT-Shelly<br>5:30pm Full Resistance-Meg<br>*6:30pm Pilates & More-Jean | 5:30pm Body Pump-Linda    | 9:00am Body Pump-Linda                   |
| <b>28</b> |  |  |  |  |                           |  |
|           | *NEW CLASS ADDED TO SCHEDULE   |  |  |  |                           | <b>INSTRUCTORS ARE SUBJECT TO CHANGE</b> |