

LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

January 2021 Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
		NEW Lunch HIIT on TUES & THURS			HAPPY NEW YEAR	9:00am Body Pump-Linda
3	4	5	6	7	8	9
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:30pm Body Pump-Jean	9:00am Body Pump-Jean
10	11	12	13	14	15	16
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:30pm Body Pump-Natalie	9:00am Body Pump-Natalie
17	18	19	20	21	22	23
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
24	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 5:30pm Full Resistance-Meg	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 5:30pm Full Resistance-Meg	5:30pm Body Pump-Linda	9:00am Body Pump-Linda