

March 2020

Group Fitness & Cycle-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:00am Cut Up-Mitzi 5:15am BODYPUMP- Jean 12:15pm Lunch Crunch-Deb **4:30pm- Power Yoga-Lauren 5:30pm Body Pump- Kristine 5:30pm RPM-Lydia	5:15am RPM-Lydia 4:30pm Zumba@- Christy 5:30pm Barre-Lydia	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb **4:30pm Power Yoga- Lauren 5:30pm BODYPUMP-Kristine	**5:15am RPM - Lydia 5:30pm Barre- Lydia	5:00am Cut Up-Mitzi 5:15am Body Flow- Micalee 5:15am RPM-Lydia 5:30pm BODYPUMP-Kristine	9:00am BODYPUMP-Kristine
8	9	10	11	12	13	14
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb **4:30pm- Power Yoga-Lauren 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-Lydia 4:30pm Zumba@- Christy 5:30pm Barre-Lydia	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb **4:30pm Power Yoga- Lauren 5:30pm BODYPUMP-Kristine	**5:15am SPIN - Micalee 5:30pm Barre- Lydia	5:00am Cut Up-Mitzi 5:15am Body Flow- No Class 5:15am RPM-Lydia 5:30pm BODYPUMP-Kristine	9:00am BODYPUMP-Kristine
15	16	17	18	19	20	21
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22	23	24	25	26	27	28
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb **4:30pm- Power Yoga-<u>No Class</u> 5:30pm BODYPUMP-Natalie 5:30pm RPM- Lydia	5:15am RPM-Lydia 4:30pm Zumba@- Christy 5:30pm Barre-Lydia	5:00am Cut Up-Natalie 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb **4:30pm Power Yoga- Lauren 5:30pm BODYPUMP-Kristine	**5:15am SPIN- Micalee 5:30pm Barre- Lydia	5:00am Cut Up-Mitzi 5:15am Body Flow- Micalee 5:15am RPM-Lydia 5:30pm BODYPUMP-Jean	9:00am BODYPUMP-Jean
29	30	31				
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb **4:30pm- Power Yoga-Lauren 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15am RPM-Lydia 4:30pm Zumba@- Christy 5:30pm Barre-Lydia			* 30 minute class ** 45 min class -Instructors are subject to change	

LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006