

LOUISIANA ATHLETIC CLUB ● ALEXANDRIA 318.445.9006

May 2021

Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	INSTRUCTORS ARE SUBJECT TO CHANGE	No classes on Monday, May 31 st				9:00am Body Pump-no class Try something new- 9:00am Full Body Fit at LACP
2	3	4	5	6	7	8
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 8:30am HIIT-Shelly 12:15pm HIIT-Shelly 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
9	10	11	12	13	14	15
	5:00am Body Pump-Jean 8:30am HIIT-Shelly 5:30pm Pump & Crunch-Calleen	5:15am RPM-Gregg 8:30am HIIT-Shelly 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
16	17	18	19	20	21	22
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 8:30am HIIT-Shelly 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
23	24	25	26	27	28	29
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 8:30am HIIT-Shelly 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	9:00am Body Pump-Linda