

LOUISIANA ATHLETIC CLUB • ALEXANDRIA 318.445.9006

November 2020 Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	5:00am Body Pump-Natalie 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:00am Body Pump-Jean 5:30pm Body Pump-Linda	5:15am RPM-Gregg 5:30pm Full Resistance-Meg	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
8	9	10	11	12	13	14
	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
15	16	17	18	19	20	21
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie	5:15am RPM-Gregg 5:30pm No class	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 5:30pm No class	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
22	23	24	25	26	27	28
	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	club closed	No Classes	No Classes
29	30					
	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie			8:30am HIIT NEW CLASS Starts November 9th		