

# October 2020

# Group Fitness & Cycle-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	Instructors are subject to change  *30-minute class			5:15am RPM- Gregg	5:30pm BODYPUMP- Jean	9:00am BODYPUMP- Jean
4	5	6	7	8	9	10
	5:00am BODYPUMP –Natalie 12:15pm Lunch Crunch-Debbie *4:45pm Full Resistance- Meg 5:30pm BODYPUMP- Natalie	5:15am RPM- Gregg	5:00am BODYPUMP – Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP - Linda	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:30pm BODYPUMP - Linda	9:00am BODYPUMP- Linda
11	12	13	14	15	16	17
	5:00am BODYPUMP –Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP- Natalie	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:00am BODYPUMP – Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP - Linda	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:30pm BODYPUMP- Linda	9:00am Zumba- Megan P.
18	19	20	21	22	23	24
	5:00am BODYPUMP –Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP- Natalie	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:00am BODYPUMP – Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP - Linda	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:30pm BODYPUMP- Linda	9:00am BODYPUMP- Gregg
25	26	27	28	29	30	31
	5:00am BODYPUMP –Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP- Natalie	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:00am BODYPUMP – Natalie 12:15pm Lunch Crunch-Debbie 5:30pm BODYPUMP - Linda	5:15am RPM- Gregg *5:30pm Full Resistance- Meg	5:30pm BODYPUMP- Linda	NO GROUP FITNESS  