

# September 2020

# Group Fitness & Cycle-LAC Alexandria

S u n	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		5:30am RPM- Gregg 5:30pm Yoga - Megan	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP - Linda	5:30am RPM- Gregg 4:30pm Zumba® - Megan	5:30pm BODYPUMP- Linda	9:00am BODYPUMP- Linda
6	7	8	9	10	11	12
	Labor Day Holiday Facility Hours 5am-2pm  No Group Fitness	5:30am RPM- Gregg 5:30pm Yoga - Megan	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP - Linda	5:30am RPM- Gregg 4:30pm Zumba® - Megan	5:30pm BODYPUMP- Jean	9:00am BODYPUMP- Jean
13	14	15	16	17	18	19
	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP -Natalie	5:30am RPM- Gregg 5:30pm Yoga - Megan	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP - Natalie	5:30am RPM- Gregg 4:30pm Zumba® - Megan	5:30pm BODYPUMP- Linda	9:00am BODYPUMP- Linda
20	21	22	23	24	25	26
	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP - Natalie	5:30am RPM- Gregg 5:30pm Yoga - Megan	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP - Natalie	5:30am RPM - Gregg 4:30pm Zumba® - Megan	5:30pm BODYPUMP- Linda	9:00am BODYPUMP- Gregg
27	28	29	30			
	5:00am BODYPUMP - Natalie 5:30pm BODYPUMP - Natalie				<b>-Instructors are subject to change</b>	