

Gold's Gym Lexington Group X Schedule - NOVEMBER 2009

MAIN STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am	Les Mills BODYPUMP Rine		Les Mills BODYPUMP Quin		Les Mills BODYPUMP Rine	6.00am		
8.15am	Les Mills BODYPUMP Laura		Les Mills BODYPUMP Christy		Les Mills BODYPUMP Laura	8.15am	ZUMBA Stacey	
9.15am	Les Mills BODYSTEP Meredith	Les Mills BODYPUMP Meredith	Les Mills BODYCOMBAT Laura/Lisa	Les Mills BODYPUMP Jan	Les Mills BODYSTEP Lisa	9.15am	Les Mills BODYCOMBAT Combat Team	
10.15am		Les Mills BODYFLOW Dawn		Les Mills BODYFLOW Jan	PILATES Chrystyne	10.15am	Les Mills BODYPUMP Natasha - Kelly B	
11.15am						11.15am		PILATES Michelle
1.00pm						2:15pm		Les Mills BODYPUMP Todd - Kelly B
3.00pm						3.15pm		Les Mills BODYFLOW Doug
4.00pm						4.00pm		
4:45pm	Les Mills BODYPUMP Natasha	ZUMBA Stacey	Les Mills BODYPUMP Rine		Abs Blaster Stacey	5.00pm		
5:45pm	Les Mills BODYCOMBAT Laura	Les Mills BODYPUMP Jan/David	Les Mills BODYFLOW Doug/Rine	Les Mills BODYPUMP Dom	ZUMBA Stacey	6.00pm		
6:45pm	ZUMBA Stacey	Les Mills BODYPUMP Scott	Les Mills BODYCOMBAT Mark	ZUMBA Stacey		7.00pm		

CYCLE STUDIO


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am		Les Mills RPM Jackie		Les Mills RPM Rine		6.00am		
8:15am		Les Mills RPM David/Jan		Les Mills RPM Kelly B		8:15am	Les Mills RPM Jeff - Rob	
9:15am	Les Mills RPM Natasha		Les Mills RPM Natasha		Les Mills RPM Chrystyne	9:15am		
						10:15am		Les Mills RPM Michelle
4:45pm		Les Mills RPM Rine/Kelly B		Les Mills RPM Laura		4.00pm		
5:45pm	Les Mills RPM Jeff - Rob		Les Mills RPM Rine/Jeff - Rob			5.00pm		

POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
9:00am				Aqua GOLD Julie F				
9:15am	AquaFit Allison B							
10:15am	AquaFit Jen D		AquaFit Allison B		AquaFit Julie F	10:15am	AquaFit Jen D	
6:00pm			AquaFit Allison B					
6:45pm		AquaFit Jen D		AquaFit Jen D				

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
8:15am			Les Mills BODYFLOW Erica					

STUDIO 2

9:15am	YOGA Kelly S	MVe Chair- Pilates Jan		YOGA Kelly S		9:15am	MVe Chair- Pilates Jan	
11:15am					MVe Chair- Pilates Jan			
5:15pm	MVe Chair - DEMO Jan	YOGA Kelly S	MVe Chair- Pilates Jan	YOGA Kelly S				
6:15pm		MVe Chair- Pilates Jan		MVe Chair- Pilates Jan				
6:45pm	 Fifi - Heather							

LES MILLS

