














# GroupX Schedule - Harrisonburg







	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		5:30am <b>T&amp;C 30</b> Frank	<b>T&amp;C</b> Frank	 Carson		8:10am  Frank
9:30am	 Morgan				 Morgan	9:10am  Frank
3:30pm		senior yoga Stephanie S.			11:00am <i>SeniorStrength</i> Michelle	10:00am  Melissa
12pm (45 min)	LUNCH CRUNCH <b>BOOTCAMP</b> Frank			LUNCH CRUNCH <b>BOOTCAMP</b> Morgan		
4:30pm				 Carson		
5:30pm	 Melissa	<b>LES MILLS BODYCOMBAT</b> Sarah	<b>POWER Yoga</b> Karen	<b>T&amp;C</b> Frank	<b>POWER Yoga</b> Karen	
6:30pm	 Carson	 Melissa	 Beth	 Frank	 Morgan	

EFFECTIVE NOVEMBER 2, 2018

Bridgewater →

**GROUP X**  
STUDIO

GROUP EXERCISE CLASSES  
[www.totalbodyplace.com](http://www.totalbodyplace.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30pm		 Lucy		
5:30pm	 Frank		 Frank	 Lucy
6:30pm	<b>LesMills BODYATTACK</b> 45 Minutes Beth	 Frank	 Brittany	