

# 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			8:10am <b>Shape Up!</b> Frank
9:30am	<b>LES MILLS BODYPUMP</b> Jill		SOMETHING NEW IS COMING SOON!		<b>LES MILLS BODYPUMP</b> Morgan	9:10am <b>Cycle</b> Frank
3:30pm		senior yoga Stephanie				10:00am <b>ZUMBA FITNESS</b> Melissa
12pm (45 min)	<b>LUNCH CRUNCH BOOTCAMP</b> Frank			<b>LUNCH CRUNCH BOOTCAMP</b> Morgan		
4:30pm				<b>LES MILLS BODYPUMP</b> Jill		
5:30pm	<b>ZUMBA FITNESS</b> Melissa	<b>step</b> Kelley	<b>POWER Yoga</b> Karen	<b>T&amp;C</b> Frank	<b>POWER Yoga</b> Karen	
6:30pm	<b>LES MILLS BODYPUMP</b> Morgan	<b>LesMills BODYATTACK</b> Beth	<b>LES MILLS BODYPUMP</b> Morgan	<b>Shape Up!</b> Frank	<b>ZUMBA toning</b> Morgan	
7:15pm		<b>ZUMBA FITNESS</b> Melissa				

EFFECTIVE JUNE 11, 2018

Bridgewater →

**GROUP X**  
STUDIO

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30pm		<b>LES MILLS BODYPUMP</b> Lucy		
5:30pm	<b>Cycle</b> Frank		<b>Shape Up!</b> Frank	<b>LES MILLS BODYPUMP</b> Lucy
6:30pm	<b>LesMills BODYATTACK</b> 45 Minutes Beth	<b>TBT</b> Frank	<b>ZUMBA FITNESS</b> Amanda	