



LA GRANGE FITNESS GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 5:30-6:15AM Mandy RM 114	Full Body Strength 5:45-6:30AM Jill RM 113	Indoor Cycle 5:30-6:15AM Mindy RM 114	Gentle Yoga 8:00-9:00AM Sue J RM 113	Cardio Sculpt 5:45-6:30AM Michelle RM 111	Boot Camp 8:30-9:30AM Bella RM 114	Zumba Toning Abs 8:30-9:30AM Maria RM 111
Gentle Yoga 8:00-9:00AM Sue J RM 113	Full Body Strength 8:30-9:25AM Anne A RM 113	Indoor Cycle 8:30-9:15AM Julie RM 114	Tabata Strength 8:45-9:45AM Nicole RM 114	Indoor Cycle 8:15-9:00AM Freya RM 114	Butts & Guts 8:30-9:00AM Nicole RM 113	Pilates 9:35-10:20AM Julie RM 111
Indoor Cycle 8:45-9:30AM Freya RM 114	Kickboxing 9:00-10:00AM Kimberly RM 114	Boot Camp 8:45-9:40AM Janny RM 113	Kickboxing 9:00-10:00AM Kimberly RM 113	HIIT 8:45-9:45AM Janny RM 111	Down to Core 9:05-9:35AM Nicole RM 113	
Circuit & Core 9:15-10:15AM Laura RM 111	Cardio Sculpt 9:30-10:15AM Anne A RM 113	Yoga 9:50-10:50AM Theresa RM 113	Down to Core 10:00-10:30AM Nicole RM 114	Graceful Strength 9:30-10:15AM Linda G RM 114	Cycle Express 9:50-10:20AM Nicole RM 114	
Full Body Strength 9:45-10:45AM Freya RM 113	Pilates 10:20-11:20AM Linda W RM 113	Zumba 6:00-6:55PM Cinthia RM 113	Muscles & Motion 10:45-11:45AM Rita RM 111	Zumba 10:00-11:00AM Maria RM 113	Yoga 9:40-10:40AM Courtney RM 113	
Pilates 5:00-5:45PM Julie RM 113	Muscles & Motion 11:00AM-12PM Rita RM 111	Yoga 6:30-7:30PM Kimberly RM 114	Indoor Cycle 6:00-6:45PM Cathy K RM 114		Yoga 11:30-12:30PM Marianne RM 111	
Power Cardio 6:00-7:00PM Laura RM 114	Indoor Cycle 6:00-6:45PM Cathy K RM 114	Sculpt & Abs 7:00-7:45PM Cinthia RM 113	Yoga 6:15-7:15PM Anne U RM 113			
Full Body Strength 6:00-7:00PM Julie RM 113	Pilates 6:15-7:10PM Jill RM 113		Zumba Toning Abs 7:30-8:30PM Maria RM 111			
Yoga 7:15-8:15PM Joan RM 113	Tabata 7:15-8:15PM Bella RM 113					

Fitness Class Key
Strength
Cycle
Yoga
Pilates
Cardio
Combo
Zumba

LA GRANGE FITNESS HOURS
 MON-FRI 5AM-10PM
 SAT 6AM-8PM
 SUN 7AM-6PM



**LA GRANGE
FITNESS**

Updated: 1/30/18