

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 AM		<i>LesMills</i> <b>BODYSTEP EXPRESS</b> (Ashley)			<b>Strength Training</b> (Nancy)		
5:30 AM	<i>LesMills</i> <b>BODYPUMP</b> (Andrea)		<i>LesMills</i> <b>BODYPUMP</b> (Nancy)	<i>LesMills RPM</i> (Deb D.) Upstairs Studio			
6:00 AM		<i>LesMills</i> <b>CXWORX</b> (Andrea)			<i>LesMills</i> <b>CXWORX</b> (Nancy)		
7:00 AM						<b>Boot Camp</b> (Nancy) Turf Area	
7:30 AM	<i>LesMills</i> <b>BODYSTEP</b> (Giovanna)	<b>BARRE</b> (Melanie)	Cardio Dance (Debbie)	<b>BARRE</b> (Melanie) Starting Jan 24	<i>LesMills</i> <b>BODYPUMP</b> (Giovanna)		
8:00 AM						<i>LesMills</i> <b>BODYSTEP</b> (Josephine)	
8:15 AM						<i>LesMills RPM</i> /SPIN-Rotating Instructors Upstairs Studio	
9:00 AM						Intro to Racquetball Court #4	
9:15 AM	<i>LesMills</i> <b>BODYPUMP</b> (Megan)  <b>H.E.A.T</b> (Debbie) Turf Area Starting Jan 21	<b>Power Hour</b> (Debbie)  <i>LesMills RPM</i> (Natalie) Upstairs Studio	<i>LesMills</i> <b>BODYPUMP</b> (Lynn S.)  <b>H.E.A.T</b> (Kelly L.) Turf Area	<b>Zumba</b> (Kathy)  <i>LesMills RPM</i> (Natalie) Upstairs Studio	<i>LesMills</i> <b>BODYSTEP EXPRESS</b> (Ashley)  <i>LesMills RPM</i> (Laura) Upstairs Studio  <b>H.E.A.T</b> (Kelly L.) Turf Area	<i>LesMills</i> <b>BODYPUMP</b> (Andrea)	<i>LesMills</i> <b>BODYSTEP</b> (Liz)
10:00 AM					<i>LesMills</i> <b>CXWORX</b> (Ashley)		
10:30 AM	<b>Yoga-Flow</b> (Linda)	<b>PILATES</b> (Michele)	<b>Yoga-Gentle</b> (Leah)	<b>PILATES</b> (Kathy) Starts 10:15AM		<b>Core De Force</b> <b>COMING</b> <b>SOON!</b>	<i>LesMills</i> <b>BODYFLOW</b> /Yoga-Flow Rotating Instructors
4:30 PM	<b>BARRE</b> (Stacey)	<b>Kettlebell</b> (Sophie) Starting Jan 22	<b>BARRE</b> (Stacey)	Cardio Dance (Debbie) Starting Jan 24	<p align="center"><b>SSC</b> <b>GREAT BAY</b> <b>GROUP FITNESS</b> <b>SCHEDULE</b> <b>BEGINS JANUARY 14TH</b> Group Fitness Director Debbie Charette <a href="mailto:debbie@seacoastssportsclubs.com">debbie@seacoastssportsclubs.com</a></p>		
5:30 PM	<i>LesMills</i> <b>BODYPUMP</b> (Nancy)	<b>Zumba</b> (Courtney)  <b>SPIN</b> (Stacey) Upstairs Studio	<i>LesMills</i> <b>BODYSTEP</b> (Liz)  <b>Wallyball</b> Court #2 Starts 6:15PM	<b>Kettlebell</b> (Sophie) Turf Area  <i>LesMills RPM</i> (Kristen) Upstairs Studio			
6:30 PM	<b>Power Hour</b> (Debbie)	<i>LesMills</i> <b>BODYFLOW</b> (Kim)	<i>LesMills</i> <b>BODYPUMP</b> (Kristen)	<b>Yoga-Gentle</b> (Leah)			