

CLUB GREAT BAY GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	LesMills BODYPUMP (Andrea)	LesMills BODYSTEP CXWORX EXPRESS (Ashley)	LesMills BODYPUMP (Nancy)	LesMills RPM (Deb D.) Upstairs Studio	Strength Training LesMills CXWORXEXPRESS (Nancy)		
7:00 AM						Boot Camp (Nancy) Turf Area	
7:30 AM		BARRE (Melanie)		BARRE (Melanie)	LesMills BODYPUMP (Giovanna)		
8:10 AM						LesMills BODYSTEP (Josephine)	
8:15 AM			Healthy Choices (Mike) Tennis Lounge			LesMills RPM /SPIN-Rotating Instructors Upstairs Studio	
9:15 AM	LesMills BODYPUMP (Megan) H.E.A.T (Debbie) Turf Area	Low & Go (Debbie) LesMills RPM (Natalie) Upstairs Studio	LesMills BODYPUMP (Lynn S.) H.E.A.T (Kelly L.) Turf Area	Zumba (Kathy) LesMills RPM (Natalie) Upstairs Studio	LesMills BODYSTEP CXWORXEXPRESS (Ashley) LesMills RPM (Laura) Upstairs Studio H.E.A.T (Kelly L.) Turf Area	LesMills BODYPUMP (Andrea) <hr/> Cardio Kickboxing (Adrienne) STARTS 10:15AM	LesMills BODYSTEP (Liz)
10:30 AM	Yoga-Flow (Linda)	PILATES (Michele)	Yoga-Gentle (Leah)	PILATES (Kathy) <i>Starts</i> <i>10:15AM</i>			LesMills BODYFLOW /Yoga-Flow Rotating Instructors
4:00 PM			Healthy Choices (Mike) Tennis Lounge				
4:30 PM	BARRE (Stacey)	Kettlebell (Sophie) Turf Area	BARRE (Stacey)				
5:30 PM	LesMills BODYPUMP (Nancy) Women & Weights (Tina) Women's Studio	Zumba (Courtney) SPIN (Stacey) Upstairs Studio	LesMills BODYSTEP (Liz) Wallyball Court #2 <i>Starts 6:15PM</i>	Kettlebell (Sophie) Turf Area LesMills RPM (Kristen) Upstairs Studio	GREAT BAY Group Exercise Director Debbie Charette debbie@seacoastportscubs.com SCHEDULE STARTING MARCH 4TH		
6:30 PM		LesMills BODYFLOW (Kim)	LesMills BODYPUMP (Kristen)	Yoga-Gentle (Leah)			

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