



SEACOAST
SPORTS CLUB
ATLANTIC GROUP FITNESS SCHEDULE

3/4/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am	BARRE FUSION June	LES MILLS RPM Maggie	LES MILLS BODYPUMP 45 mins Maggie	CORE FUSION June	LES MILLS BODYCOMBAT Jocelyn			
7:30am	tone Katie	LES MILLS BODYPUMP Allison O.	20/20/20 June	LES MILLS BODYSTEP Giovanna	LES MILLS BODYFLOW Allison O.	7:30am	LES MILLS BODYSTEP 7:30am 30 min Olivia	
8:30am	Functional Strength for Athletes Jen		BARRE Melanie/Olivia	30 IN 30 Jeff		8:00am	LES MILLS BODYPUMP 8am Denise	GENTLE YOGA Colleen
9:15am	SPIN Carla	LES MILLS BODYPUMP LES MILLS CXWORX Danielle	LES MILLS RPM Allison O.	SPIN Allison Q.	LES MILLS BODYPUMP 45 min Danielle	9:00am	LES MILLS BODYCOMBAT 9am Denise	CIZE Adrienne
	TOTAL BODY 9:30am Jeff			LES MILLS CXWORX LES MILLS BODYFLOW 30/30 Olivia	SPIN Carla		LES MILLS RPM 9am Mariah	
10:30am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie	10:00am	YOGA- Intermediate Linda/Laurel	PURE MUSCLE Adrienne
4:00pm			HAMPTON PT Pilates Remix Becca			NOTE! WEEKEND CLASS TIMES ARE DIFFERENT THAN WEEKDAYS! SEE ABOVE		
5:15pm	CARDIO DANCE Adrienne	LES MILLS RPM Mariah	CARDIO DANCE Adrienne	LES MILLS BODYPUMP Mariah	LES MILLS RPM Mariah			
6:15pm	LES MILLS BODYPUMP 45 min Jenna	20/20/20 Allison Q.	PURE MUSCLE Adrienne	LES MILLS BODYCOMBAT Denise				
7:15pm	HAMPTON PT Pilates Remix Becca							

GROUP TRAINING *see front desk for pricing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:15am					Some Like it Fit Jen	8:15am	Some Like it Fit Jen	
8:30am		Some Like it Fit Jen						
9:15am	6 WEEK SLIM DOWN Danielle			6 WEEK SLIM DOWN Danielle				
5:30pm		HIIT Denise		HIIT Denise				

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