

Land Fitness Schedule

November 5th thru December 31st 2018

Monday

5:30 - 6:10am - Box n Burn (AS)
8:30 - 9:30 am - BODYPUMP (AS)
10:30 - 11:15 am - Kettlebells (SR)
11:30 - 12:00 pm - CXWORX (AS)
4:15 - 5:15 pm - BODYPUMP (AS)
5:30 - 6:15 pm - BODYATTACK (GYM)
6:00 - 6:45 pm - SPINNING (CR) (Nov 14th - Last Day)
6:30 - 7:30 pm - ZUMBA (AS)

Tuesday

5:30 - 6:30 am - BODYPUMP (AS)
8:30 - 9:00 am - GRIT (AS)
9:00 - 9:45 am - Bliss Yoga (SR)
9:05 - 10:00 AM - BODYCOMBAT (AS)
4:15 - 5:10 pm - BODYCOMBAT (AS)
5:15 - 5:45 pm - CXWORX (AS)
5:50 - 6:50 pm - BODYPUMP (AS)

Wednesday

5:30 - 6:15 am - BODYATTACK (AS)
8:30 - 9:30 am - BODYPUMP (AS)
10:30 - 11:15 am - Kettlebells (AS)
11:30 - 12:00 pm - CXWORX (AS)
4:15 - 5:15 pm - BODYPUMP (AS)
4:45 - 5:20 pm - Stretch & Strengthening (SR)
5:30 - 6:15 pm - BODYATTACK (GYM)
6:00 - 6:45 pm - SPINNING (CR) (Nov 14th - Last Day)
6:30 - 7:30 pm - ZUMBA (AS)

Thursday

5:30 - 6:30 am - BODYPUMP (AS)
8:30 - 9:00 am - GRIT (AS)
9:00 - 9:45 am - Bliss Yoga (SR)
9:05 - 10:00 AM - BODYCOMBAT (AS)
4:15 - 5:10 pm - BODYCOMBAT (AS)
5:15 - 5:45 pm - CXWORX (AS)
5:50 - 6:50 pm - BODYPUMP (AS)

Friday

5:30 - 6:15 am - BODYATTACK (AS)
8:30 - 9:30 am - BODYPUMP (AS)
9:35 - 10:05 am - CXWORX (AS)
10:30 - 11:15 am - Kettlebells (SR)

Saturday

7:00 - 8:00 am - BODYPUMP (AS)
8:05 - 8:50 am - BODYATTACK (AS)

AS - Aerobic Studio

SR - Spirit Room

CR - Community Room