


POST-SPRING BREAK GROUP FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SUN
Advanced Choreo LUCycle 8:00 - 8:50 AM Renata	LUCycle 7:00 - 7:50 AM Jack J.	LUCycle 7:00 - 7:50 AM Sophia	Barre Stretch 7:00 - 7:50 AM Sarah	LUCycle 8:00-8:50AM Mereya	Strength & Mobility 10:00 - 10:50 AM Josie
LUCycle 9:00 - 9:50 AM Lexi	Barre 7:00 - 7:50 AM Sarah	Advanced Choreo LUCycle 8:00 - 8:50 AM Renata	Total Body Circuits 8:00 - 8:50 AM Josie	Tonilates 9:00 - 9:50 AM Jenn	Vinyasa Flow Yoga 4:00 - 4:50 PM Jack F.
LUCycle 12:00 - 12:50 PM Erin	Total Body Circuits 8:00 - 8:50 AM Josie	Vinyasa Flow Yoga 8:00 - 8:50 AM Serena	LUCycle 8:00 - 8:50 AM Katie	Advanced Choreo LUCycle 9:00 - 9:50 AM Renata	Advanced Choreo LUCycle 5:00 - 5:50 PM Sophie
Vinyasa Flow Yoga 4:00 - 4:50 PM Jack F.	Tonilates 10:00 - 10:50 AM Bella	Tonilates 9:00 - 9:50 AM Jenn	LUCycle 9:00 - 9:50 AM Lexi	LUCycle 11:00 - 11:50 AM Lexi	Vinyasa Flow Yoga 5:00 - 5:50 PM Nora
HIIT30 5:00 - 5:30 PM Care	Lift30 10:00 - 10:30 AM Emma	Tonilates 11:00 - 11:50 AM Bella	Lift30 5:00 - 5:30 PM Care	Latin HIIT 3:00 - 3:50 PM Lexi	Vinyasa Flow Yoga 7:00 - 7:50 PM Serena
Lift50 5:00 - 5:50 PM Emma	Vinyasa Flow Yoga 5:00 - 5:50 PM Emily	Latin LUCycle 5:00 - 5:50 PM Lexi	LUCycle 5:00 - 5:50 PM Leila	Yoga 4:00 - 4:50 PM Nora	LUCycle 7:00 - 7:50 PM Katie
Total Body Circuits 6:00 - 6:50 PM Mia	Latin LUCycle 6:00 - 6:50 PM Lexi	Lift50 5:00 - 5:50 PM Emma	Vinyasa Flow Yoga 5:00 - 5:50 PM Emily	LUCycle 5:30 - 6:20 PM Katherine	Restorative Yoga 8:00 - 8:50 PM Emily
Total Body HIIT 6:00 PM	Lower Body Strength 6:00 PM	Vinyasa Flow Yoga 5:00 - 5:50 PM Elena	Zumba 6:00 - 6:50 PM Paige		
Cardio Tone Flow 6:30 PM	Abs & Upper Body 6:30 PM	Recovery Stretch 6:00 - 6:30 PM Care	Lift50 6:00 - 6:50 PM Emma		
Grace L.	Mia	Advanced Choreo LUCycle 6:00 - 6:50 PM Sophie	"Coach by Color" LUCycle 6:00 - 6:50 PM Katherine		
LUCycle 6:00 - 6:50 PM Jack J.	LUCycle 7:00 - 7:50 PM Sabrina	Advanced Choreo LUCycle 7:00 - 7:50 PM Sophie	LUCycle 7:00 - 7:50 PM Sabrina		
Boxing Conditioning 7:00 - 7:50 PM Mereya	Lift50 7:00 - 7:50 PM Josie	WERQ 7:00 - 7:50 PM Anna	Lift50 8:00 - 8:50 PM Mackenzie		
LUCycle Intervals & Arms 7:00 - 7:50 PM Sophia	Tonilates 7:10 - 7:50 PM Grace L.	Lift50 8:00 - 8:50 PM Mackenzie	Recovery Stretch 8:00 - 8:30 PM Sabrina		
Tonilates 8:00 - 8:50 PM Jenn	LUCycle 8:00 - 8:50 PM Grace L.	LUCycle 8:00 - 8:50 PM Lily	Advanced Choreo LUCycle 8:00 - 8:50 PM Renata		
Advanced Choreo LUCycle 8:00 - 8:50 PM Sophie	Total Body Circuits 8:00 - 8:50 PM Grace T.	WERQ 8:00 - 8:50 PM Izzie	Bedtime Yoga 9:00 - 9:50 PM Nora		
Vinyasa Flow Yoga 9:00 - 9:50 PM Serena	Barre 9:00 - 9:50 PM Katie	Meditation 9:00 - 9:30 PM Ryan			
	LUCycle 9:00 - 9:50 PM Lily				

**STARTS AFTER
SPRING BREAK**

CLASSES INCLUDED IN ALL HALAS MEMBERSHIPS!
NO PRE-REGISTRATION REQUIRED!
CLASSES SUBJECT TO CAPACITY LIMITS

 = NEW CLASS
FORMAT / TIME

FOLLOW US ON
INSTAGRAM!
@LUC_GFIT



KEY	HRC 2
	CYCLE STUDIO
	HRC 1 (Weight Room)

Scan for Class
Descriptions