

POST-FALL BREAK 2024 GROUP FITNESS SCHEDULE

MON
Lift30 9:30 - 10:00 AM Janae
LUCycle 12:00 - 12:50 PM Erin
Yoga 4:00 - 4:50 PM Anna
Lift50 5:00 - 5:50 PM Alaina
LUCycle 5:00 - 5:50 PM Natalie
Boxing Conditioning 5:00 - 5:50 PM Libby
Lift50 6:00 - 6:50 PM Emma W
LUCycle 6:00 - 6:50 PM Jack J
Barre 6:00 - 6:50 PM Gillian
Lift50 7:00 - 7:50 PM Emma F
WERQ 7:00 - 7:50 PM Izzie
LUCycle 8:00 - 8:50 PM Bella
Advanced Vinyasa Flow Yoga 8:00 - 8:50 PM Serena
Meditation 9:00 - 9:30 PM Serena

TUE
LUCycle 7:00 - 7:50 AM Jack J
Total Body Circuits 8:00 - 8:50 AM Josie
LUCycle 8:00 - 8:50 AM Rachel
Latin LUCycle 11:00 - 11:50 AM Lexi
Pilates 12:00 - 12:50 PM Gillian
Meditation 4:00 - 4:50 PM Kaden
LUCycle 5:00 - 5:50 PM Mereya
Total Body Circuits 5:00 - 5:50 PM Molly
Lift50 6:00 - 6:50 PM Mya
Advanced Choreo LUCycle 6:00 - 6:50 PM Sophie
Vinyasa Flow Yoga 6:00 - 6:50 PM Elena
Lift50 7:00 - 7:50 PM Emma F
Advanced Choreo LUCycle 7:00 - 7:50 PM Sophie
Tonilates 7:00 - 7:50 PM Jenn
LUCycle 8:00 - 8:50 PM Sophia
Pilates 8:00 - 8:50 PM Emma W
Recovery Stretch Yoga 9:00 - 9:50 PM Serena

WED
Advanced Choreo LUCycle 10:00 - 10:50 AM Renata
Lift50 4:00 - 4:50 PM Kylie
LUCycle 4:00 - 4:50 PM Bella
Lift50 5:00 - 5:50 PM Mya
LUCycle 5:00 - 5:50 PM Taylor
Lift50 6:00 - 6:50 PM Emma W
Advanced Choreo LUCycle 6:00 - 6:50 PM Emily
Barre 6:00 - 6:50 PM Gillian
LUCycle 7:00 - 7:50 PM Natalie
Boxing Conditioning 7:00 - 7:50 PM Libby
LUCycle 8:00 - 8:50 PM Rachel
WERQ 8:00 - 8:50 PM Izzie

THU
LUCycle Intervals & Arms 7:00 - 7:50 AM Sophia
Power Flow Yoga 7:00 - 7:50 AM Jack F
Total Body Circuits 8:00 - 8:50 AM Josie
LUCycle 11:00 - 11:50 AM Paige
Lift50 4:00 - 4:50 PM Emma F
Lift50 5:00 - 5:50 PM Kylie
LUCycle 5:00 - 5:50 PM Presley
Total Body Circuits 5:00 - 5:50 PM Molly
Lift50 6:00 - 6:50 PM Mya
Advanced Choreo LUCycle 6:00 - 6:50 PM Renata
Zumba 6:00 - 6:50 PM Paige B
Lift50 7:00 - 7:50 PM Alaina
LUCycle 7:00 - 7:50 PM Taylor
Vinyasa Flow Yoga 7:00 - 7:50 PM Mehr
Advanced Choreo LUCycle 8:00 - 8:50 PM Sophie
Tonilates 8:00 - 8:50 PM Jenn

FRI
Advanced Choreo LUCycle 10:00 - 10:50 AM Renata
Latin LUCycle 12:00 - 12:50 PM Lexi
LUCycle 3:00 - 3:50 PM Paige
Pilates 4:00 - 4:50 PM Emma W
Lift30 5:00 - 5:30 PM Janae
Yoga 5:00 - 5:50 PM Anna

SUN
Yoga 10:00 - 10:50 AM Anna
Lift30 11:30 - 12:00 PM Janae
LUCycle 4:00 - 4:50 PM Mereya
LUCycle 7:00 - 7:50 PM Presley
Vinyasa Flow Yoga 7:00 - 7:50 PM Serena
Pilates 8:00 - 8:50 PM Gillian

SCHEDULE STARTS OCT 14

KEY	HRC 1/LIFT50 (Weight Room)
	CYCLE STUDIO
	HRC 2

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

**FOLLOW US
ON INSTAGRAM!** 
@LUC_GFIT



STARTS OCTOBER 14TH!

**Scan for Class
Descriptions**

NEW CLASSES