Great Lakes Athletic Club

CLASS SCHEDULE

DAY	CLASS	INSTRUCTOR	LOCATION
M	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	Stretch & Roll, 9:15AM	Bethani	Mind/Body
	Aqua Mix, 9:30AM [class day/time change	Verna	Pool
	Barre, 9:30AM	Mykala	Studio A
	Circuit, 10AM	Regan	Gym Floor
	Strength & Cardio, 4:30PM	Jen	Gym Floor
	LES MILLS BODYPUMP, 5:30PM	Ann	Studio A
	Yoga, 6:15PM	Jawanna	Mind/Body
T	Circuit, 5:45AM	Jen	Gym Floor
	Cycle, 8:30AM	Gary	Cycle Studio
NEW CLASS	Aqua Mix, 9:30AM starts 11/8	Michelle	Pool
	Yoga, 9:30AM	Steve	Mind/Body
	Cadence, 9:30AM	Maria	Cardio Room
	Strength & Cardio, 9:30AM	Regan	Gym Floor
	Circuit, 5:30PM	Josh	Gym Floor
W	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	TRX Fusion, 9:15AM	Jen	Studio B
	LES MILLS BODYPUMP, 9:30AM	Melissa	Studio A
	Circuit, 10AM	Regan	Gym Floor
	Strength & Cardio, 4:30PM	Jen	Gym Floor
	LES MILLS BODYCOMBAT, 5:30PM	Grace	Studio A
	Yoga, 5:30PM	Steve	Mind/Body
	Barre, 6:15PM	Mykala	Studio A
TH	Circuit, 5:45AM	Jen	Gym Floor
	LES MILLS BODYSTEP, 9:30AM	Melissa	Studio A
	Cadence & Core, 9:30AM	Maria	Cardio Room+Mind/Body
	Strength & Cardio, 9:30AM	Jen	Gym Floor
	Circuit, 5:30PM	Josh	Gym Floor
F	Cadence, 6AM	Maria	Cardio Room
	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	Kettlebells, 9:15AM	Stephanie	Gym Floor
	Movement & Mobility, 9:30AM	Maria	Mind/Body
	Circuit, 10AM	Regan	Gym Floor
SAT	BodyPump, 9:30AM	Katharina	Studio A
NEW CLASS	Yoga starts 11/12	Wendy	Mind/Body
	Circuit, 9:30AM	Rotating	Gym Floor