

# 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
	Barre, 9:30AM	Mykala	Studio A
	Simply Strength (Lower), 10:15AM	Mykala	Studio A
	Circuit, 10AM	Jen	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, 8:00AM	Gary	Cycle Studio
	LES MILLS BODYPUMP, 8:30AM	Grace	Studio A
	Zumba, 9:30AM	Grace	Studio A
	Aqua Mix, 9:30AM	Michelle	Pool
	Yoga, 9:30AM	Steve	Mind/Body
	Cadence, 9:15AM	Maria	Cardio Room
	Strength & Cardio, 9:30AM	Regan	Gym Floor
	Yoga Mix, 5:30PM	Sarah	Mind/Body
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
	Endure, 9:15AM	Maria	Cardio Room+Mind/Body
	Circuit, 10AM	Bethani	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
	Aqua Mix, 8:30AM	Verna	Pool
	SOULfusion™, 9:30AM	Mykala	Studio A
	Simply Strength (Upper), 10:15AM	Mykala	Studio A
	Strength & Cardio, 9:30AM	Jen	Gym Floor
	Mobility for Athletes, 4:30PM	Maria	Mind/Body
	Circuit, 5:30PM	Josh	Gym Floor
	Zumba, 5:30PM	Judith	Studio A
F	Cadence Distance (OUTSIDE), 6AM	Maria	Meet at PT Desk
	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	Kettlebells, 9:15AM	Stephanie	Gym Floor
	LES MILLS BODYCOMBAT, 9:30AM	Grace	Studio A
	Movement & Mobility, 9:30AM	Maria	Mind/Body
Circuit, 10AM	Bethani	Gym Floor	
SAT	LES MILLS BODYPUMP, 9:30AM	Katharina	Studio A
	Yin Yoga, 8AM	Wendy	Mind/Body
	Yoga, 9:30AM	Wendy	Mind/Body
	Strength & Cardio 9:30AM	Rotating	Gym Floor
SUN	Yoga, 9:30AM	Jill	Mind/Body