

# Great Lakes Athletic Club

## CLASS SCHEDULE

DAY	CLASS	INSTRUCTOR	LOCATION
M	Circuit, 8:30AM	Regan	Gym Floor
	Stretch & Roll, 9:15AM	Bethani	Mind/Body
	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
	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, 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, 9:30AM	Maria	Cardio Room
	Strength & Cardio, 9:30AM	Jen	Gym Floor
	Aqua Mix, 9:30AM	Verna	Pool
	Circuit, 5:30PM	Bethani	Gym Floor
	Zumba, 5:30PM	Susie	Studio A
F	Cadence Distance, 5:30AM	Maria	Meet at PT desk
	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
	Circuit, 9:30AM	Rotating	Gym Floor