

MONDAY

time	class	min	studio	instructor
5:30am	BodyCombat	60	A	virtual
5:30am	CYCLE EXPRESS	45	C	JANA
6:00am	HATHA	60	MB	STEVE
7:00am	BodyFlow	60	A	virtual
7:00am	RPM	45	C	virtual
7:45am	TE - CIRCUIT	45	G	REGAN
8:25am	RPM	30	C	virtual
8:45am	SCULPT TONE X	30	A	MELISSA
9:00am	AQUA MIX	55	P	VERNA
9:15am	ZUMBA	55	B	RENEE
9:15am	TE - CIRCUIT	45	G	ROY
9:20am	BODYSTEP CLASSIC	60	A	MELISSA
9:20am	CYCLE EXPRESS	45	C	LAURA
10:15am	VINYASA	60	MB	SUSAN
10:20am	TE - CIRCUIT	45	G	ROY
10:25am	SCULPT TONE	55	A	HEATHER
10:30am	TE - BELLS BARS & BANDS	45	G	PAULETTE
11:00am	RPM	30	C	virtual
12:30pm	RPM	45	C	virtual
1:00pm	BODYPUMP	60	A	ANN R.
2:00pm	RPM	45	C	virtual
3:30pm	BodyFlow	60	A	virtual
3:30pm	RPM	45	C	virtual
5:00pm	CXWorx	30	A	virtual
5:00pm	RPM	30	C	virtual
6:00pm	VINYASA	60	MB	LINDSEY
6:00pm	RPM	45	C	virtual
6:00pm	AQUA MIX	55	P	DAWN
6:05pm	PIYO	55	B	BRITTNEY
6:05pm	BODYPUMP	60	A	ANN C.
6:30pm	TE - CIRCUIT	45	G	KATHRYN
7:30pm	RPM	45	C	virtual
7:30pm	TE - TRX	45	B	KATHRYN
8:30pm	RPM	45	C	virtual

FRIDAY

time	class	min	studio	instructor
5:30am	BODYPUMP	60	A	JANA
5:30am	TE - TRX	45	B	PAULETTE
5:30am	CYCLE EXPRESS	45	C	DANA B.
6:00am	HATHA	60	MB	STEVE
7:00am	RPM	45	C	virtual
7:30am	BodyPump	60	A	virtual
7:45am	TE - CIRCUIT	45	G	REGAN
8:15am	TE - TRX	45	B	PAULETTE
9:00am	HATHA	60	MB	LINDSEY
9:00am	AQUA MIX	55	P	DANIELLE
9:15am	ZUMBA	55	B	RENEE
9:15am	TE - CIRCUIT	45	G	REGAN
9:20am	FUSION TONE	55	A	HEATHER
9:20am	CYCLE EXPRESS	45	C	VANDEE
10:30am	TE - BELLS BARS & BANDS	45	G	REGAN
11:00am	BodyFlow	60	A	virtual
11:00am	RPM	45	C	virtual
12:30am	RPM	45	C	virtual
1:00pm	BodyPump	60	A	virtual
2:00pm	RPM	45	C	virtual
3:30pm	Sh'Bam	45	A	virtual
3:30pm	RPM	45	C	virtual
5:00pm	BodyCombat	60	A	virtual
5:00pm	RPM	30	C	virtual
5:30pm	TE - CIRCUIT	45	G	ROTATING COACH
6:00pm	RPM	45	C	virtual
6:15pm	GRIT Strength	30	A	virtual
7:30pm	RPM	45	C	virtual
7:30pm	BodyPump	45	A	virtual
8:30pm	RPM	30	C	virtual

TUESDAY

time	class	min	studio	instructor
5:30am	GRIT Cardio	30	A	virtual
5:30am	RPM	45	C	virtual
5:30am	TE - CIRCUIT	45	G	ROY
6:05am	CXWorx	30	A	virtual
7:00am	RPM	45	C	virtual
7:00am	TE - CIRCUIT	45	G	ROY
7:30am	Sh'Bam	30	A	virtual
8:05am	CXWorx	30	A	virtual
8:30am	TE - CIRCUIT	45	G	ROY
9:00am	HATHA	60	MB	JILL
9:00am	AQUA MIX	55	P	ANNE
9:15am	BODYCOMBAT	60	B	VANDEE
9:20am	BODYPUMP	60	A	ANNA
9:20am	CYCLE	60	C	MELISSA
9:30am	TE - CIRCUIT	45	G	ROY
10:25am	TE - GRIT	30	A	REGAN
10:30am	TE - FREEMOTION	45	FT	ANDREW
11:00am	RPM	45	C	virtual
11:15am	AQUA WAVES	55	P	CHAR
12:00pm	ACTIVE LIFE	45	A	LORI
12:00pm	TE - CIRCUIT	45	G	REGAN
12:30pm	RPM	45	C	virtual
1:00pm	FUSION TONE	55	A	GRACE
1:00pm	HATHA	60	MB	STEVE
2:00pm	RPM	45	C	virtual
3:30pm	BodyCombat	60	A	virtual
3:30pm	RPM	45	C	virtual
5:00pm	ZUMBA	55	A	DANA V.
5:00pm	KIDS YOGA	45	MB	LISA
5:00pm	RPM	30	C	virtual
5:15pm	TE - CIRCUIT	45	G	REGAN
6:00pm	HATHA	60	MB	ANDY
6:00pm	CYCLE EXPRESS	45	C	ALISON
6:05pm	TE - GRIT	30	A	JEN
6:05pm	TE - TRX	45	B	PAULETTE
6:30pm	TE - CIRCUIT	45	G	REGAN
7:15pm	YIN	60	MB	CINDY
7:30pm	RPM	45	C	virtual
8:30pm	RPM	45	C	virtual

SATURDAY

time	class	min	studio	instructor
6:30am	RPM	45	C	virtual
7:00am	GRIT Plyo	30	A	virtual
8:00am	VINYASA	60	MB	STEVE
8:00am	RPM	45	C	virtual
8:00am	AQUA MIX	55	P	DAWN
8:00am	TE - CIRCUIT	45	G	ROTATING COACH
8:15am	BODYSTEP CLASSIC	60	A	ANN C.
9:15am	FUSION TONE	55	B	JILL
9:15am	HATHA ADVANCED	60	MB	SAMANTHA
9:20am	BODYPUMP	60	A	GRACE
9:30am	RPM	45	C	virtual
10:00am	TE - CIRCUIT	45	G	ROTATING COACH
10:30am	ZUMBA	55	A	GRACE
10:30am	HATHA	60	MB	AMY
11:00am	RPM	45	C	virtual
12:30pm	RPM	45	C	virtual
2:00pm	BodyPump	60	A	virtual
2:00pm	RPM	45	C	virtual
3:30pm	BodyFlow	60	A	virtual
3:30pm	RPM	45	C	virtual
4:30pm	CXWorx	30	A	virtual
5:00pm	RPM	30	C	virtual
6:00pm	Sh'Bam	45	A	virtual
6:00pm	RPM	45	C	virtual
7:30pm	RPM	45	C	virtual
7:30pm	GRIT Cardio	30	A	virtual
8:30pm	RPM	45	C	virtual

WEDNESDAY

time	class	min	studio	instructor
5:30am	FUSION TONE	55	A	SHARON
5:30am	CYCLE	60	C	JILL
6:00am	BETTER BACK	60	MB	STEVE
6:00am	TE - CADENCE TREADMILL	45	cardio	MARIA
7:00am	RPM	45	C	virtual
7:30am	BodyCombat	30	A	virtual
7:45am	TE - CIRCUIT	45	G	REGAN
8:25am	RPM	45	C	virtual
8:30am	TE - CADENCE OUTSIDE	45	O	MARIA
9:00am	TE - GRIT	30	A	MELISSA
9:00am	VINYASA	60	MB	SUSAN
9:00am	AQUA MIX	55	P	DANIELLE
9:15am	BODYSTEP	60	B	LAURA
9:15am	TE - CIRCUIT	45	G	ROY
9:35am	PIYO	55	A	MELISSA
9:45am	RPM	30	C	virtual
10:15am	YIN	60	MB	MARIA
10:30am	TE - BELLS BARS & BANDS	45	G	REGAN
11:00am	Sh'Bam	45	A	virtual
11:00am	RPM	45	C	virtual
12:00pm	TE - CIRCUIT	45	G	REGAN
12:30pm	RPM	45	C	virtual
1:00pm	BODYCOMBAT	60	A	GRACE
2:00pm	RPM	45	C	virtual
3:30pm	CXWorx	30	A	virtual
3:30pm	RPM	45	C	virtual
5:00pm	PIYO	55	A	BRITTNEY
5:00pm	RPM	30	C	virtual
6:00pm	MAT PILATES	60	MB	IRMA
6:00pm	CYCLE	60	C	TERI
6:00pm	AQUA MIX	55	P	CHAR
6:05pm	BODYSTEP CLASSIC	60	A	RENEE
6:05pm	TURBO KICK	60	B	BRITTNEY
6:30pm	TE - CIRCUIT	45	G	KATHRYN
7:30pm	RPM	45	C	virtual
7:30pm	TE - BELLS BARS & BANDS	45	B	KATHRYN
8:30pm	RPM	45	C	virtual

SUNDAY

time	class	min	studio	instructor
6:30am	RPM	45	C	virtual
7:00am	CXWorx	30	A	virtual
8:00am	BETTER BACK	60	MB	AMY
8:00am	RPM	45	C	virtual
8:00am	AQUA DEEP	55	P	DANIELLE
9:15am	HATHA	60	MB	JILL
9:20am	BODYSTEP CLASSIC	60	A	LAURA
9:30am	CYCLE EXPRESS	45	C	DANA B., JANA
10:30am	YIN	60	MB	MARIA
11:00am	BodyPump	60	A	virtual
11:00am	RPM	45	C	virtual
12:30pm	RPM	45	C	virtual
1:30pm	GRIT Strength	30	A	virtual
2:00pm	RPM	45	C	virtual
3:30pm	Sh'Bam	45	A	virtual
3:30pm	RPM	45	C	virtual
5:00pm	RPM	30	C	virtual
6:00pm	BodyFlow	60	A	virtual
6:00pm	RPM	45	C	virtual
7:30pm	BodyPump	60	A	virtual
7:30pm	RPM	45	C	virtual
8:30pm	RPM	30	C	virtual

THURSDAY

time	class	min	studio	instructor
5:30am	PIYO	55	A	MYKALA
5:30am	RPM	45	C	virtual
5:30am	TE - CIRCUIT	45	G	JEN
7:00am	RPM	45	C	virtual
7:00am	TE - CIRCUIT	45	G	PAULETTE
7:30am	CXWorx	30	A	virtual
8:25am	RPM	30	C	virtual
8:30am	GRIT	30	A	STEPHANIE
8:30am	TE - CIRCUIT	45	G	ANDREW
8:30am	TE - GRIT	30	A	STEPHANIE
9:00am	AQUA MIX	55	P	ANNE
9:30am	TE - CIRCUIT	45	G	ROY
9:15am	KICK TONE	55	B	HEATHER
9:20am	BODYPUMP	60	A	MELISSA
9:45am	RPM	30	C	virtual
10:15am	YIN	60	MB	JILL
10:20am	TE - TRX	45	B	ANDREW
11:00am	BodyCombat	30	A	virtual
11:00am	RPM	45	C	virtual
11:15am	AQUA WAVES	55	P	ANNE
12:00pm	ACTIVE LIFE	45	A	LISA
12:00pm	TE - CIRCUIT	45	G	REGAN
12:30pm	RPM	45	C	virtual
1:00pm	TE - GRIT	30	A	REGAN
1:00pm	BETTER BACK	60	MB	STEVE
1:35pm	KETTLEBELL	45	PT	REGAN
2:00pm	BodyFlow	30	A	virtual
2:00pm	RPM	45	C	virtual
3:30pm	BodyPump	60	A	virtual
3:30pm	RPM	45	C	virtual
5:00pm	TE - GRIT	30	A	MELISSA
5:00pm	RPM	30	C	virtual
5:15pm	TE - CIRCUIT	45	G	ANDREW
6:00pm	RPM	45	C	virtual
6:00pm	TE - FREEMOTION	45	FT	KATHRYN
6:05pm	BODYPUMP	60	A	RENEE
6:05pm	ZUMBA + TONING	55	B	HEIDI
7:15pm	TE - CIRCUIT	45	G	KATHRYN
7:30pm	RPM	45	C	virtual
8:30pm	RPM	45	C	virtual

BOLD ITALIC CAPITALIZED = LIVE CLASS

studio KEY
 A = studio A
 B = studio B
 C = cycle studio
 MB = mind & body studio
 P = indoor pool
 FT = functional training studio
 PT = personal training studio
 G = gymnasium
 cardio = cardio
 O = outside (weather permitting)

color KEY
 TRAINING EFFECT Classes
 AQUA Classes
 MIND & BODY Classes
 DANCE Classes
 CYCLE Classes

For further information about our class schedule please visit:
www.glac.club