

Lake Bluff Group Fitness Class Schedule

April 2017

Evening Schedule

Time	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
Classroom	GroupX	CYCLE	GroupX	CYCLE	GroupX	CYCLE	GroupX	CYCLE			
5:00											
6:00			Vinyasa Yoga Carol 6:00 to 7:00								
6:15		Cycle Sharon 6:15 to 7		Cycle Mary 6:15 to 7				Zumba® Karen L 6:30 to 7:30	Family Cycle Karen D 6:15 to 7		
6:30											
6:45											
7:00					Power Yoga Molly 7:00 to 8:00						
7:15											
7:30											
7:45											
8:00											
8:15											
8:30											

Classroom locations:

GroupX: 2nd floor in the Fitness Center, past the locker rooms,

Cycle: 2nd floor in the Fitness Center, through the Weight Room

* Class schedules are subject to change.

* We will give as much advance notice as possible