



GOLD'S GYM EAST NORTHPORT

GROUP EXERCISE & SPINNING SCHEDULE

eff. Dec 1

	MON	TUES	WEDS	THURS	FRI	SAT	SUN	
GROUP EXERCISE	5:15 am		LES MILLS BODYPUMP Ro		LES MILLS CORE Ro			
	7:00 am 7:15 am		YOGA Laurel 7:00 am			LES MILLS BODYPUMP Maria 7:15		
	8:00 am 8:15 am 8:30 am	CORE FUSION Leigh 8:00	STRENGTH FUSION Maria 8:00	LES MILLS BODYCOMBAT Ro 8:00 am	CORE FUSION Leigh 8:00 am	LES MILLS BODYPUMP Ro 8:00 am	LES MILLS BODYPUMP Madeline 8:30 am	PILATES Karina 8:00 am
	9:00 am 9:30 am	LES MILLS BODYCOMBAT Ro 9:00 am	LES MILLS BODYPUMP Ro 9:00 am	STRENGTH FUSION Ro 9:00 am	LES MILLS BODYPUMP Ro 9:15 am	CARDIO FUSION Ro 9:00 AM	CARDIO FUSION Ro A. 9:30 am	
	10:00 am 10:15 am 10:45 am	LES MILLS BODYPUMP Ro 10:00 am	YOGA Teri 10:45 am	YOGA Lauren 10:15 am	ZUMBA Val 10:15 am	YOGA Lauren 10:15 am	YOGA Robyn 10:45 am	ZUMBA Val 10:15 am
	11:30 am	YOGA Robyn			YOGA Michelle			
	4:30 pm 5:00 pm	YOGA 4:30 pm	LES MILLS BODYPUMP Ro 4:30 pm		PILATES Karina 5:00 pm			
	6:30 pm	LES MILLS BODYPUMP Maria	YOGA Laurel	ZUMBA Ed	LES MILLS BODYPUMP Maria			

SPINNING	5:15 am	SPINNING Ro	LES MILLS sprint Ro		SPINNING Kristen			
	6:15 am		LES MILLS sprint Ro					
	8:00 am 8:15 am	SPINNING Ro 8:00 am	LES MILLS sprint Ro 8:00 am			SPINNING Kristen 8:15 am	SPINNING Mike 8:15 am	
	9:15 am 9:30 am				SPINNING Jane 9:15 am	SPINNING Jackie 9:15 am	SPINNING Jane 9:30 am	SPINNING Mike T. 9:30 am
	4:30 pm	LES MILLS sprint Ro 4:30 pm						
	6:30 pm			SPINNING Geena				