

# Group Exercises Schedule- January

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 Body Attack	5:00 Body Pump	5:00 Body Combat	5:00 Body Pump	5:00 Body Combat	
	5:00 Yoga	5:00 RPM	5:00 CXWORX	5:00 RPM	5:00 RPM 5:00 Body Attack/CX	
	5:15 SPRINT		5:15 SPRINT 5:30 PiYo		6:00 Sunrise Yoga 7:15 Making Waves	7:45 Body Pump
	8:15 Forever Fit	8:00 PiYo			8:15 Stability and Stretch	8:00 Water Aerobics
	8:30 Body Pump 8:30 RPM		8:30 Express Cycle	8:30 P90X	8:30 Body Pump	
	9:15 Making Waves	9:15 Barre	9:15 Body Combat	9:15 Forever Fit	9:00 Aqua Tai Chi 9:15 Yoga Fusion	9:00 RPM 9:00 Power Yoga
	9:30 Yoga	9:15 Yoga 9:15 Tai Chi- Level 1 9:15 Aqua HIIT	9:15 Aqua Zumba 9:30 Yoga	9:15 Aqua Tai Chi 9:35 CXWORX	9:30 Barre 9:45 Body Combat	9:00 Body Attack 1st & 3rd 9:00 STEP INT. 1st & 3rd 9:00 Body Combat 2nd & 4th
	10:30 Zumba	10:15 Tai Chi- Level 2 10:15 Aqua Ease 10:30 CXWORX 11:30 Aqua Boomers	10:30 Aqua Pilates 10:30 Forever Fit	10:15 Yoga 10:30 H2O Cardio Dance	10:00 Aqua Pilates	10:00 Tai Chi Level 1 2nd & 4th 10:05 CXWORX
	12:00 Body Pump	12:00 Zumba 12:00 RPM	12:00 Body Pump 12:00 Sprint	12:00 Zumba 12:00 RPM	12:00 Body Pump 12:00 Intro Yoga	Multi-purpose Room Mind/Body Room
	4:15 Pilates 4:15 Body Attack 4:15 RPM	4:00 Barre	4:15 RPM 4:15 Body Combat	4:00 STEP-INTERVAL 4:20 Yoga	4:30 Sprint	Group Ex Room Cycle Room Exercise Pool
	5:30 Water Aerobics 5:30 Body Pump 5:30 Zumba	5:15 CXWORX 5:30 HydroFit	5:00 Hatha Yoga 5:30 H2O Cardio Dance 5:30 Body Pump 5:30 Body Attack	5:15 CXWORX 5:30 Water Aerobics		
	6:00 RPM	6:00 SPRINT 6:00 Body Pump 6:00 Body Combat	6:00 RPM	6:00 SPRINT 6:00 Body Pump 6:00 Body Combat		
	7:00 Power Yoga	6:15 Power Yoga				



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