

Group Exercise Schedule- February

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



Please visit www.fitnesscenterofthibodauxregional.com
or our Smart phone APP, Fit@ThibReg, for our most updated schedule.