

# Group Exercise Schedule-September

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 Body Combat	5:00 Body Pump	5:00 Body Combat	5:00 Body Pump	5:00 Body Combat	
	5:00 Body Attack (1st, 3rd, & 5th)	5:00 RPM	5:00 CXWORX	5:00 RPM	5:00 RPM	
	5:00 P90X (2nd & 4th)				5:00 Body Attack/CX	
	5:00 Power Yoga					
	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 CXWORX	8:30 Power Cycle		8:15 Stability and Stretch	8:00 Aqua Zumba
	8:30 Body Pump		9:00 Power Core	8:30 Body Combat	8:30 Body Pump	
	8:30 RPM	8:40 PiYo	8:30 P90X			9:00 RPM
				9:15 Forever Fit		
	9:20 Making Waves	9:00 Aqua HIIT	9:15 Aqua Zumba	9:15 Aqua Tai Chi	9:15 Yoga Fusion	9:00 Power Yoga
	9:30 Yoga	9:15 Yoga	9:30 Yoga	9:40 PiYo	9:45 Shake It Up	9:00 Body Attack 1st, 3rd, & 5th
		9:15 Tai Chi				9:00 STEP INT. 1st, 3rd, & 5th
						9:00 Body Combat 2nd & 4th
	10:15 Aqua Resistance	10:00 Aqua Ease	10:30 Aqua Pilates	10:30 Shake It Up Aqua	10:00 Aqua Pilates	10:05 CXWORX
	10:30 Zumba		10:30 Shake It Up			
		11:15 Aqua Boomers				
			11:30 Walk This Way			
	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	
	1:15 Chair Yoga		1:15 Chair Yoga			Multi-purpose Room
				3:00 Mindfulness Yoga		Mind/Body Room
	4:15 PiYo	4:15 Body Pump-45	4:15 Body Combat	4:00 Step-Interval	4:00 Barre	Group Ex Room
	4:15 Body Attack					Cycle Room
	4:30 RPM		4:30 RPM	4:20 Yoga	4:30 Sprint	Exercise Pool
		5:15 CXWORX	5:00 Hatha Yoga	5:15 CXWORX		Indoor Track
	5:30 Water Aerobics	5:30 HydroFit		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		
		6:00 Power Yoga				
	7:00 Power Yoga					



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