

Group Exercise Schedule-October

| 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 P90X | 5:00 RPM | 5:00 CXWORX | 5:00 RPM | 5:00 RPM | |
| | 5:00 Power Yoga | | | | 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 CXWORX | 8:30 Express RPM | | 8:15 Stability and Stretch | 8:00 Aqua Zumba |
| | 8:30 Body Pump | | 8:30 P90X | 8:30 Body Combat | 8:30 Body Pump | |
| | 8:30 RPM | 8:40 PiYo | 9:00 Power Core | | | 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 Body Combat 2nd & 4th |
| | | 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 | | | 10:45 STEP INT. 2nd & 4th |
| | | 11:00 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 | | | | | |



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