

Group Exercise Schedule-December

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 Body Attack/CX	
	5:15 SPRINT		5:30 SPRINT		6:00 Sunrise Yoga (1st & 3rd week)	
	6:00 Power Yoga		5:30 PiYo		6:00 PiYo (2nd & 4th week)	
					7:15 Making Waves	7:45 Body Pump
		8:00 CXWORX	8:30 Power Cycle		8:15 Stability and Stretch	8:00 Aqua Zumba
	8:30 Body Pump	8:30 Express Body Combat	8:30 P90X	8:30 Body Combat	8:30 Body Pump	
	8:30 RPM	8:40 PiYo	9:00 Power Core		8:30 Aqua Pilates	
	9:15 Forever Fit			9:15 Forever Fit		9:00 RPM
	9:30 Aqua Zumba	9:00 Aqua HIIT	9:00 Making Waves			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 Chair Yoga				9:00 Step-Interval 1st, 3rd, & 5th
						9:00 Body Combat 2nd & 4th
		10:00 Aqua Ease	10:15 Aqua Pilates	10:30 Shake It Up Aqua		10:05 CXWORX
	10:30 Zumba	11:00 Aqua Boomers	10:30 Shake It Up			
			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	
						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	4:15 Zumba		4:20 Yoga		Cycle Room
	4:30 RPM		4:30 RPM		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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or our Smart phone APP, Fit@ThibReg, for our most updated schedule.