

Group Exercise Schedule July 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------|----------------------------|--------------------------------------------|----------------------------|------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| | 5:00 P90X | 5:00 Body Pump | 5:00 Body Combat | 5:00 Body Pump | 5:00 Body Combat | |
| | | | 5:00 RPM | | 5:00 RPM | |
| | 5:15 Sprint | | 5:15 Core 45 | 5:15 Virtual Sprint | 5:00 Body Attack/Core | * Check APP for LIVE Class Schedule |
| | | 6:00 Virtual RPM | | 5:30 PiYo Flow | | |
| | | 8:10 Strength & Stretch *2nd & 4th week | | | | 7:30 Virtual Sprint |
| | 8:15 PYT | 8:15 CORE | | 8:15 CORE | 8:15 Barre Connect | |
| | | | | 8:15 Cardio Party | | |
| | 8:30 Body Pump | | 8:30 Body Pump | | 8:30 Body Pump | |
| | | 8:30 Making Waves | 8:30 Forever Fit | | | |
| | | | | 8:50 Body Combat | | |
| 9:00 Virtual Sprint | | 9:00 Spin & Sculpt | 9:00 Aqua Dance | 9:00 RPM | | |
| | | 9:30 Yoga | 9:30 Sprint | 9:00 Making Waves | | |
| | 9:40 Virtual RPM | 9:30 Aqua Fusion | | | 9:40 Virtual RPM | |
| | | | | 9:50 SCULPT | | |
| | 10:00 Aqua Core | | 10:00 Zumba | 10:00 Mindfulness Yoga | 10:00 Aqua Core | |
| | 10:00 Cardio, Core, & More | | 10:00 PiYo | | 10:00 Chair Yoga | |
| | | 11:00 Chair Yoga | | | 10:00 Zumba | |
| | | | | | | |
| | 12:00 Virtual Sprint | 12:00 Virtual RPM | | 12:00 Virtual RPM | | |
| | | 12:00 Zumba | 12:00 Body Pump 45 | 12:00 Zumba | 12:00 Intro Yoga | |
| | | | 12:00 Cardio, Core, & More | | | |
| 2:00 Virtual RPM | | | | | | 1:00 Virtual Sprint |
| | | | | | | |
| | 4:15 PiYo | 4:15 Virtual RPM | 4:15 Functionally FIIT | 4:15 Virtual RPM | | 4:30 Virtual RPM |
| | 4:30 Body Attack-45 | 4:30 Body Pump-45 | 4:30 Body Combat 45 | 4:30 Body Pump-45 | 4:30 Sprint | |
| | 4:30 Virtual Sprint | 4:30 Barre Connect | 4:30 Virtual Sprint | | | Key: Group Exercise Room Cycle Studio Virtual Cycle Class Exercise Pool Multi-Purpose Room Mind-Body Studio |
| | | *2nd & 4th week | | | | |
| | | 5:20 CORE | | 5:20 CORE | | |
| | 5:30 Body Pump | 5:30 Cardio Party | 5:30 Body Pump | 5:30 Hatha Yoga | | |
| | 5:30 Zumba | 5:30 HydroFit | 5:30 Body Attack | 5:30 Water Aerobics | | |
| | 5:30 Water Aerobics | | | | | |
| | 6:00 Virtual RPM | 6:00 Body Combat | | 6:00 Body Combat | | |
| | | 6:00 Sprint | | 6:00 Sprint | | |
| | | 6:00 Yoga | | 6:00 Zumba | | |
| | | | 5:30 Virtual RPM | | | |



Please visit www.fitnesscenterofthibodauxregional.com
or our Smart phone APP, [Fit@ThibReg](#), for our most updated schedule.