

Group Exercise Schedule January 2023

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	
	5:15 Sprint		5:00 RPM 5:15 Core 45	5:15 Virtual Sprint 5:30 PiYo Flow	5:00 RPM 5:00 Body Attack/Core	* Check APP for LIVE Class Schedule
		6:00 Virtual RPM				
		8:10 Strength & Stretch *1st, 3rd, & 5th week				
	8:15 PIYO	8:15 CORE		8:15 CORE	8:15 Barre Connect	
	8:30 Body Pump		8:30 Body Pump		8:30 Body Pump	
		8:30 Making Waves	8:30 Forever Fit	8:30 Making Waves 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		9:15 Vinyasa Yoga	
	9:40 Virtual RPM	9:30 Aqua Fusion		9:50 SCULPT	9:40 Virtual RPM	
	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 Zumba	
					11:00 Virtual Sprint	
	12:00 Virtual Sprint	12:00 Virtual RPM		12:00 Virtual RPM		
	12:00 Vinyasa Yoga	12:00 Zumba	12:00 Body Pump 45	12:00 Zumba	12:00 Vinyasa Yoga	
			12:00 Cardio, Core, & More			
2:00 Virtual RPM						1:00 Virtual Sprint
	4:15 PiYo	4:15 Virtual RPM	4:15 Functionally FIT	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 Body Attack 45	
	4:30 Virtual Sprint	4:30 Barre Connect *1st, 3rd, & 5th week	4:30 Virtual Sprint		*2nd & 4th week 4:30 Virtual Sprint	
		5:20 CORE		5:20 CORE		
	5:30 Body Pump		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 RPM	6:00 Body Combat	6:00 Tai Chi	6:00 Body Combat		
		6:00 Sprint	6:00 RPM	6:00 Sprint		
		6:00 Yoga		6:00 Zumba		

Key:
Group Exercise Room
Cycle Studio
Virtual Cycle Class
Exercise Pool
Multi-Purpose Room
Mind-Body Studio



THIBODAUX REGIONAL
 FITNESS CENTER

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