


Group Exercise Schedule June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 P90X 5:00 LM Virtual CORE	5:00 Body Pump	5:00 Body Combat 5:00 RPM 5:15 CORE 45	5:00 Body Pump 5:15 Virtual SPRINT 5:30 PiYo Flow	5:00 Body Combat 5:00 RPM 5:00 Body Attack/Core	
	5:30 SPRINT 6:30 LM Virtual Body Combat-30 7:00 LM Virtual RPM-Beginner 7:15 LM Virtual Barre	5:30 LM Virtual Body Balance 6:00 LM-Virtual RPM 7:15 LM Virtual Sh'Bam 7:30 LM Virtual Sprint	6:10 LM Virtual Body Attack-30 7:00 LM Virtual RPM-Base 7:30 LM Virtual GRIT Strength	7:30 LM Virtual Barre 8:05 LM Virtual GRIT Strength 8:15 CORE 8:30 Making Waves 8:45 LM Virtual Sh'Bam 8:50 Body Combat 9:00 RPM	8:10 LM Virtual Body Balance-Flexibility 7:00 LM Virtual RPM 7:00 LM Virtual GRIT Cardio	7:15 LM Virtual SPRINT 7:45 Body Pump
7:30 LM Virtual RPM 7:30 LM Virtual GRIT Strength	8:15 PYT 8:30 Body Pump	8:05 LM Virtual GRIT Strength 8:15 CORE-45 8:30 Making Waves	8:30 Body Pump 8:30 Forever Fit	8:30 Making Waves 8:45 LM Virtual Sh'Bam 8:50 Body Combat 9:00 RPM	8:15 Barre Connect 8:30 Body Pump	8:15 LM Virtual GRIT Athletic
8:15 LM Virtual Body Combat 9:00 LM Virtual SPRINT		9:00 Spin & Sculpt	9:00 Aqua Core			9:00 Body Attack/Combat 9:00 Cycle
9:30 LM Virtual Body Pump 45 9:45 LM Virtual RPM-BASE	9:30 Body Combat				9:10 Strength & Stretch *2nd & 4th week 9:15 Vinyasa Yoga	
	9:40 LM Virtual RPM 10:00 Aqua Core 10:00 Cardio, Core, & More	9:30 Yoga 9:30 Aqua Fusion	9:30 Sprint 10:00 Zumba 10:00 PiYo	9:50 SCULPT 10:00 Mindfulness Yoga	9:40 LM Virtual RPM 10:00 Zumba 10:15 LM Virtual CORE-45	10:00 Tai Chi-Beginner 10:45 Tai Chi-Intermediate
	11:00 Pedaling for Parkinson's (\$)	Parkinson's Yoga (\$) 11:15 LM Virtual CORE-45	11:00 Pedaling for Parkinson's 11:15 Tai Chi-Beginner 11:15 Body Pump 45 11:30 Vinyasa Yoga	11:00 Parkinson's Strength & Balance (\$)	11:00 LM Virtual SPRINT 11:30 LM Virtual Body Pump-Upper Body	11:45 LM Virtual Barre
11:30 LM Virtual Sprint	11:15 Body Pump 45 11:30 Vinyasa Yoga	12:00 LM Virtual RPM 12:00 Zumba 12:15 LM Virtual GRIT Athletic	12:00 Tai Chi-Intermediate	12:00 LM Virtual RPM 12:00 Zumba 12:15 LM Virtual GRIT Cardio	12:00 LM Virtual Body Balance 12:30 LM Virtual RPM-Base	12:30 LM Virtual Body Pump-Base
12:15 LM Virtual RPM-Beginner	12:00 Virtual Sprint	1:00 LM Virtual SPRINT 1:00 LM Virtual Body Balance-Tutorial	1:15 LM Virtual CORE	1:00 LM Virtual SPRINT 1:00 LM Virtual Body Pump-Tutorial	1:15 LM Virtual CORE	1:00 LM Virtual SPRINT 1:15 LM Virtual Body Attack-Base
1:00 LM Virtual Sh'Bam	2:00 LM Virtual Sh'Bam					2:00 LM Virtual Body Balance-Flexibility 2:00 LM Virtual RPM-Tutorial
2:00 LM Virtual RPM 2:30 LM Virtual CORE 45	3:00 LM Virtual CORE 45	3:15 LM Virtual Body Combat-30	3:15 LM Virtual Barre	3:30 LM Virtual Body Attack-Base	3:00 LM Virtual Body Pump-45	3:00 LM Virtual Body Combat
3:30 LM Virtual Body Attack 30					4:00 LM Virtual Body Balance	
	4:15 PiYo 4:30 Body Attack-45 4:30 LM Virtual SPRINT	4:15 LM Virtual RPM 4:30 Body Pump-45 4:30 Barre Connect *2nd & 4th week 5:20 CORE	4:15 Functionally FIIT 4:30 Body Combat 45 4:30 LM Virtual SPRINT	4:15 LM Virtual Barre 4:15 LM Virtual RPM 4:30 Body Pump-45	4:30 Body Attack 45 4:30 LM Virtual Sprint	4:30 LM Virtual RPM 4:30 LM Virtual Body Pump-30
5:00 LM Virtual RPM-30 5:00 LM Body Pump-Tutorial	5:30 Body Pump 5:30 Zumba 5:30 Water Aerobics	5:30 HydroFit	5:30 Body Pump 5:30 Body Attack	5:20 CORE 5:30 Hatha Yoga 5:30 Water Aerobics 5:30 Zumba	5:15 LM Virtual CORE-Ab Blast 5:30 LM Virtual RPM-30	
6:00 LM Virtual Sprint	6:00 LM Virtual RPM 6:45 LM Virtual Body Balance-Yoga	6:00 SPRINT 6:00 Body Combat 6:00 Yoga 6:45 LM Virtual GRIT Strength	6:00 RPM 6:45 LM Virtual Body Balance-Flexibility	6:00 SPRINT 6:00 Body Combat		
	7:15 LM Virtual GRIT Cardio 7:30 LM Virtual RPM-Base	7:30 LM Virtual Body Attack-30	7:30 LM Virtual Sprint 7:30 LM Virtual Barre	7:15 LM Virtual Body Pump 45		
Key: Group Exercise Room Cycle Studio Exercise Pool Multi-Purpose Room Mind-Body Studio	Please visit www.fitnesscenterofthibodauxregional.com or our Smart phone APP, URFitAP-Thibodaux, for our most updated schedule.					 THIBODAUX REGIONAL FITNESS CENTER