


Group Exercise Schedule November 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	
	5:00 LM Virtual CORE		5:00 RPM		5:00 RPM	
	5:30 SPRINT	5:30 LM Virtual Body Balance	5:15 LM Virtual CORE-45	5:15 Virtual SPRINT	5:00 LM Virtual CORE	
	6:30 LM Virtual Body Combat-30	6:00 LM-Virtual RPM	6:10 LM Virtual Body Attack-30	5:30 PiYo Flow	5:35 LM Virtual Body Attack-Base	
	7:00 LM Virtual RPM-Base	7:15 LM Virtual Sh'Bam	7:00 LM Virtual The Trip		6:10 LM Virtual Body Balance-Flexibility	
7:30 LM Virtual RPM	7:15 LM Virtual Barre	7:30 LM Virtual SPRINT	7:30 LM Virtual GRIT Strength	7:15 LM Virtual Barre	7:00 LM Virtual GRIT Cardio	7:15 LM Virtual SPRINT
7:30 LM Virtual GRIT Strength		8:15 Barre Connect* *1st, & 3rd week		8:00 LM Virtual Body Balance-Base		7:45 Body Pump
8:15 LM Virtual Body Combat	8:15 PYT	8:15 CORE-40		8:15 CORE-40	8:15 Barre Connect	8:15 LM Virtual GRIT Athletic
9:00 LM Virtual SPRINT	8:30 Body Pump	8:30 Making Waves	8:30 Body Pump	8:30 Making Waves	8:30 Body Pump	
9:30 LM Virtual Body Pump 45		9:00 Spin & Sculpt	8:30 Forever Fit	9:00 Body Combat		9:00 Body Attack/Combat
9:45 LM Virtual RPM-BASE	9:30 Body Combat	9:30 Yoga	9:00 Rockin' Aqua	9:00 RPM	9:15 Xtreme Hip Hop Step	9:00 Cycle
	9:40 LM Virtual RPM		9:30 Sprint	9:15 LM Virtual GRIT Strength	9:15 Vinyasa Yoga	
10:30 LM Virtual RPM-30	10:00 Aqua Core		10:00 Aqua Core	10:00 Sculpt	9:40 LM Virtual RPM	
10:30 LM Virtual Body Balance	10:00 Cardio, Core, & More		10:00 Zumba	10:00 Mindfulness Yoga or Bodies in Motion (Check APP)	10:00 Zumba	10:00 Tai Chi-Beginner
			10:00 PiYo		10:15 LM Virtual CORE-45	10:15 LM Virtual THE TRIP
						10:45 Tai Chi-Intermediate
11:30 LM Virtual Sprint	11:15 Body Pump 45	11:15 LM Virtual CORE-45	11:15 Body Pump 45		11:15 Body Pump 45	11:30 LM Virtual RPM
	12:00 Vinyasa Yoga	12:00 LM Virtual RPM	12:00 Vinyasa Yoga	12:00 LM Virtual RPM	11:30 LM Virtual SPRINT	11:45 LM Virtual Barre
12:15 LM Virtual RPM-Base	12:00 Virtual Sprint	12:00 Zumba		12:00 Zumba	12:00 LM Virtual Body Balance	
		12:15 LM Virtual GRIT Athletic	12:30 LM Virtual THE TRIP	12:15 LM Virtual GRIT Cardio	12:30 LM Virtual RPM-Base	12:30 LM Virtual Body Pump-Base
1:00 LM Virtual Sh'Bam	1:30 LM Virtual THE TRIP	1:00 LM Virtual SPRINT		1:00 LM Virtual SPRINT		1:00 LM Virtual SPRINT
		1:00 LM Virtual Body Balance-Base	1:15 LM Virtual CORE	1:00 LM Virtual Body Pump-Tutorial		1:15 LM Virtual Body Attack-Base
2:00 LM Virtual RPM	2:00 LM Virtual Sh'Bam	2:30 LM Virtual THE TRIP		2:00 LM Virtual Body Balance-Base	1:15 LM Virtual CORE	2:00 LM Virtual Body Balance-Flexibility
2:30 LM Virtual CORE 45	3:00 LM Virtual CORE 45		3:00 LM Virtual RPM	2:30 LM Virtual THE TRIP	2:00 LM Virtual SPRINT	2:00 LM Virtual RPM-Tutorial
	3:15 LM Virtual RPM-Base	3:15 LM Virtual Body Combat-30	3:15 LM Virtual Barre		3:00 LM Virtual Body Pump-45	3:00 LM Virtual Body Combat
3:30 LM Virtual Body Attack 30				3:30 LM Virtual Body Attack-Base	3:00 LM Virtual THE TRIP	3:15 LM Virtual THE TRIP
	4:15 PiYo	4:15 LM Virtual RPM	4:15 LM Virtual GRIT Strength	4:15 LM Virtual Barre	4:00 LM Virtual Body Balance	
4:15 LM Virtual Body Balance-Yoga	4:30 Body Attack-45	4:30 Body Pump-45	4:30 Body Combat 45	4:15 LM Virtual RPM		4:30 LM Virtual RPM
	4:30 LM Virtual SPRINT	4:30 Barre Connect* *2nd & 4th week	4:30 LM Virtual SPRINT	4:30 Body Pump-45	4:30 Body Attack 45	4:30 LM Virtual Body Pump-30
5:00 LM Virtual RPM-30		5:20 CORE		5:20 CORE	4:30 LM Virtual Sprint	
5:00 LM Body Pump-Tutorial	5:30 Body Pump	5:30 Cardio Party	5:30 Body Pump	5:30 Hatha Yoga	5:15 LM Virtual CORE-Ab Blast	
	5:30 Zumba	5:30 HydroFit	5:30 Body Attack	5:30 Water Aerobics		
	5:30 Water Aerobics			5:30 Zumba or Body Combat (Check APP)	5:30 LM Virtual RPM-30	5:30 LM Virtual SPRINT
6:00 LM Virtual Sprint	6:00 LM Virtual THE TRIP	6:00 SPRINT	6:00 LM Virtual RPM	6:00 SPRINT		
		6:00 Body Combat	5:30 Tai Chi-Beginner			
	6:45 LM Virtual Body Balance-Yoga	6:45 LM Virtual GRIT Strength	6:15 Tai Chi-Intermediate			
	7:15 LM Virtual GRIT Cardio		6:45 LM Virtual Body Balance-Flexibility	7:15 LM Virtual Body Pump 45		
	7:30 LM Virtual RPM-Base	7:30 LM Virtual Body Attack-30	7:30 LM Virtual Sprint			
			7:30 LM Virtual Barre			
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