

## Group Exercise Schedule February 2024

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 PiYo Flow	5:15 LM Virtual CORE-45	5:15 Virtual SPRINT	5:00 LM Virtual CORE	
		6:00 LM-Virtual RPM		5:30 PiYo Flow	5:35 LM Virtual Body Attack-Base	
	6:30 LM Virtual Body Combat-30		6:10 LM Virtual Body Attack-30		6:10 LM Virtual Body Balance-Flexibility	
	7:00 LM Virtual RPM-Base	7:15 LM Virtual Sh'Bam	7:00 LM Virtual The Trip		7:00 LM Virtual SPRINT	
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						7:45 Body Pump
		8:15 Barre Connect* *1st, & 3rd week		8:00 LM Virtual Body Balance-Base		
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
	8:30 Body Pump		8:30 Body Pump		8:30 Body Pump	
9:00 LM Virtual SPRINT		8:30 Making Waves	8:30 Forever Fit	8:30 Making Waves		
				9:00 Body Combat		9:00 Body Attack/Combat
9:30 LM Virtual Body Pump 45		9:00 Spin & Sculpt	9:00 Aqua Core	9:00 RPM	9:15 Xtreme Hip Hop Step	9:00 Cycle
9:45 LM Virtual RPM-BASE				9:15 LM Virtual GRIT Strength	9:15 Vinyasa Yoga	
	9:30 Body Combat	9:30 Yoga	9:30 Sprint			
	9:40 LM Virtual RPM				9:40 LM Virtual RPM	
10:30 LM Virtual RPM-30	10:00 Aqua Core		10:00 Rockin' Aqua	10:00 Sculpt	10:00 Zumba	10:00 Tai Chi-Beginner
10:30 LM Virtual Body Balance	10:00 Cardio, Core, & More		10:00 Zumba	10:00 Mindfulness Yoga	10:00 Steps to Success	10:15 LM Virtual THE TRIP
	10:00 Steps to Success		10:00 PiYo		10:15 LM Virtual CORE-45	10:45 Tai Chi-Intermediate
			10:00 Steps to Success			
		11:15 LM Virtual CORE-45				
11:30 LM Virtual Sprint	11:15 Body Pump 45		11:15 Body Pump 45		11:15 Body Pump 45	11:30 LM Virtual RPM
					11:30 LM Virtual SPRINT	11:45 LM Virtual Barre
12:15 LM Virtual RPM-Base	12:00 Power Yoga	12:00 LM Virtual RPM	11:30 Bodies in Motion	12:00 LM Virtual RPM	12:00 LM Virtual Body Balance	
	12:00 Virtual Sprint	12:00 Zumba		12:00 Zumba		12:30 LM Virtual Body Pump-Base
		12:15 LM Virtual GRIT Athletic		12:15 LM Virtual GRIT Cardio		
			12:30 LM Virtual THE TRIP		12:30 LM Virtual RPM-Base	
1:00 LM Virtual Sh'Bam		1:00 LM Virtual SPRINT		1:00 LM Virtual SPRINT		1:00 LM Virtual SPRINT
	1:30 LM Virtual THE TRIP	1:00 LM Virtual Body Balance-Base		1:00 LM Virtual Body Pump-Tutorial		1:15 LM Virtual Body Attack-Base
			1:15 LM Virtual CORE			
2:00 LM Virtual RPM	2:00 LM Virtual Sh'Bam			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		2:30 LM Virtual THE TRIP		2:30 LM Virtual THE TRIP	2:00 LM Virtual SPRINT	2:00 LM Virtual RPM-Tutorial
	3:00 LM Virtual CORE 45		3:00 LM Virtual RPM			3:00 LM Virtual Body Combat
	3:15 LM Virtual RPM-Base	3:15 LM Virtual Body Combat-30	3:15 LM Virtual Barre		3:00 LM Virtual THE TRIP	
3:30 LM Virtual Body Attack 30				3:30 LM Virtual Body Attack-Base		3:15 LM Virtual THE TRIP
					4:00 LM Virtual Body Balance	
	4:15 PiYo	4:15 LM Virtual RPM	4:15 LM Virtual GRIT Strength	4:15 LM Virtual Barre		
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 Body Attack 45	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 LM Virtual Body Pump-30
		5:20 CORE			4:30 LM Virtual SPRINT	
5:00 LM Virtual RPM-30	5:30 Body Pump		5:30 Body Pump	5:20 CORE		
5:00 LM Body Pump-Tutorial	5:30 Zumba	5:30 Cardio Party	5:30 Body Attack	5:30 Hatha Yoga	5:15 LM Virtual CORE-Ab Blast	
	5:30 Water Aerobics		5:15 Tai Chi	5:30 Water Aerobics		
					5:30 LM Virtual RPM-30	5:30 LM Virtual SPRINT
6:00 LM Virtual Sprint	6:00 R1DE	6:00 SPRINT	6:00 LM Virtual RPM	6:00 SPRINT		
		6:00 Body Combat		6:00 Body Combat 45		
		6:00 Vinyasa Yoga				
	6:45 LM Virtual Body Balance-Yoga	6:45 LM Virtual GRIT Strength				
			6:45 LM Virtual Body Balance-Flexibility			
	7:15 LM Virtual GRIT Cardio			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			
<b>Key:</b>						
Group Exercise Room						
Cycle Studio						
Exercise Pool						
Multi-Purpose Room						
Mind-Body Studio						
Indoor Track						

Please visit [www.fitnesscenterofthibodauxregional.com](http://www.fitnesscenterofthibodauxregional.com)  
or our Smart phone APP, URFitAP-Thibodaux, for our most updated schedule.



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