

Group Exercise Schedule September 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	
	5:15 SPRINT		5:15 LM Virtual CORE-45	5:15 Virtual SPRINT	5:00 LM Virtual CORE	
	5:30 LM Virtual Body Combat-30	5:30 PiYo Flow		5:30 PiYo Flow	5:35 LM Virtual Body Attack-Base	
	6:10 LM Virtual Body Pump 45	6:00 LM-Virtual RPM	6:10 LM Virtual Body Attack-30		6:10 LM Virtual Body Balance-Flexibility	
	7:00 LM Virtual RPM-Base	7:15 LM Virtual Dance	7:00 LM Virtual The Trip	7:15 LM Virtual Dance	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		7:00 LM Virtual GRIT Cardio	7:15 LM Virtual SPRINT
7:30 LM Virtual GRIT Strength				8:15 PYT		7:45 Body Pump
	8:15 LM Virtual Body Balance	8:15 Barre Connect* *1st, & 3rd week				
8:15 LM Virtual Body Combat		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 Spin & Sculpt		9:00 Body Combat		9:00 Body Attack/Combat
9:30 LM Virtual Body Pump 45				9:00 RPM		9:00 Cycle
9:45 LM Virtual RPM-BASE					9:15 Vinyasa Yoga	9:00 Zumba/Dance Class
	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 CORE
10:30 LM Virtual Body Balance	10:00 Cardio, Core, & More		10:00 Zumba	10:00 Mindfulness Yoga	10:00 Aqua Core	10:00 Tai Chi-Beginner
			10:00 PiYo		10:00 Chair Yoga	10:15 LM Virtual THE TRIP
			10:00 Chair Yoga			10:45 Tai Chi-Intermediate
		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 Bodies in Motion		11:30 LM Virtual SPRINT	11:45 LM Virtual Barre
	12:00 Power Yoga	12:00 LM Virtual RPM		12:00 LM Virtual RPM	12:00 Power Yoga	
12:15 LM Virtual RPM-Base	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 Dance		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 Dance			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 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 Vinyasa Yoga	4:30 Body Pump-45		4:30 LM Virtual Body Pump-30
		4:45 RIDE			4:30 SPRINT	
		4:30 Bodies in Motion* * 1st & 3rd week	4:45 LM SPRINT			
5:00 LM Virtual RPM-30		5:20 CORE		5:15 Tai Chi		
5:00 LM Body Pump-Tutorial	5:30 Body Pump		5:30 Body Pump	5:20 CORE		
	5:30 Zumba		5:30 Body Attack	5:30 Hatha Yoga	5:15 LM Virtual CORE-Ab Blast	
	5:30 Water Aerobics			5:30 Water Aerobics		5:30 LM Virtual SPRINT
6:00 LM Virtual Sprint		6:00 SPRINT	6:00 LM Virtual RPM	6:00 SPRINT		
		6:00 Body Combat				
		6:00 Hatha 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 Body Pump 45		
	7:15 LM Virtual GRIT Cardio	7:30 LM Virtual Body Attack-30	7:30 LM Virtual Sprint			
	7:30 LM Virtual RPM-Base		7:30 LM Virtual Barre			

Key:
● Group Exercise Room
● Cycle Studio
● Exercise Pool
● Multi-Purpose Room
● Mind-Body Studio
● Indoor Track

Please visit www.fitnesscenterofthibodauxregional.com
 or our Smart phone APP, URFitAP-Thibodaux, for our most updated schedule.

