

Group Exercise Schedule - September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 Combat	5:00 RPM	5:00 Combat	5:00 RPM	5:00 Combat	
	5:00 P90X	5:00 Pump	5:30 PiYo	5:00 Pump	5:00 RPM	
	5:15 Sprint	5:00 Body Attack	5:00 CX Worx	5:00 Body Attack	5:15 CX/Attack	
			5:30 Sprint		6:00 Sunrise Yoga	7:45 Pump
	8:15 Restorative run	6:00 Sunrise Power Yoga	5:00 Water aerobics	8:15 Tai Chi - Level 1		
	8:15 Forever Fit	8:30 CX Worx	8:00 Mommy & Me - Aqua	8:30 P90X		9:00 Body Attack
	8:30 Pump		9:00 C.Y.C.O.		8:30 Pump	9:00 Power Yoga
	9:00 C.Y.C.O.	9:15 PiYo	9:15 Tai Chi - Level 2	9:15 Forever Fit	9:45 Combat - 45	9:00 RPM 1st & 3rd
			9:15 Aqua Zumba	9:30 Power Yoga		9:00 Combat 2nd & 4th
	9:30 Yoga - 45	9:15 Yoga	9:30 Yoga	9:45 Fit Bumps - Yoga		
	9:30 Making Waves	9:15 Aqua Zumba	10:30 Chair yoga		11:45 Aqua Pilates	10:15 CX Worx
	9:45 Combat - 45	10:15 Arthritic aqua	10:15 Aqua Aerobics	10:30 Aqua Tai Chi		
			11:30 Aqua Tai Chi	11:45 Mommy & Me - yoga	12:00 Intro Yoga	
		12:00 RPM		12:00 RPM		Multi-purpose Room
	12:00 Pump	12:00 Zumba	12:00 Pump	12:00 Zumba	12:00 Pump	Mind/Body Room
		12:30 Aqua Boomers		12:30 Aqua Boomers	12:45 Fit Bumps - Aqua	Group Ex Room
		1:15 Intro Yoga				Cycle Room
						Exercise Pool
	4:20 Pilates	4:00 Combat	4:20 Fit Happens	4:20 Yoga		4th Floor
	4:20 Body Attack	4:00 Zumba	4:20 Strong by Zumba	4:20 Zumba		
	4:20 RPM	5:15 CX Worx		5:15 CX Worx		
	5:30 Mommy & Me Yoga					
	5:30 Water aerobics	5:30 Aqua Zumba	5:30 Aqua Flow	5:30 Making Waves		
	6:30 Water aerobics					
	5:30 Pump		6:00 Pump	6:00 Pump		
	6:00 RPM	6:00 Pump	6:00 RPM	6:00 Combat		
	6:00 ZUMBA	6:00 Combat	6:00 Body Attack	6:00 Hatha Yoga		
	6:45 Fit Bumps-Yoga	6:00 Power Yoga	6:30 Fit Bumps- Aqua	6:30 Mommy & Me - aqua		
	7:00 Power Yoga					

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or our Smart phone APP, Fit@ThibReg, for our most updated schedule.