

Group Exercise Schedule - February

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|--------------------------|-----------------------------|------------------------|-------------------------|-----------------------|--------------------------|
| | 5:00 Combat | 5:00 RPM | 5:00 Combat | 5:00 RPM | 5:00 Combat | |
| | 5:00 P90X 1st & 4th week | 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 | 5:00 Attack/CX | |
| | | | | | 6:00 Sunrise Yoga | 7:45 Pump |
| | 8:15 Restorative run | | | 8:00 Tai Chi - Level 1 | 6:15 STEP | |
| | 8:15 Forever Fit | 8:30 PiYo | 8:15 Step Interval | 8:30 P90X | 7:15 Making Waves | 9:00 RPM |
| | | 9:45 Step Interval (45 min) | 9:00 C.Y.C.O. | | 8:30 Pump | 9:00 Power Yoga |
| | 8:30 Pump | 10:45 CXWORX | 9:15 Tai Chi - Level 2 | 9:15 Forever Fit | 9:00 Fit Bumps - Aqua | 9:00 Attack 3rd |
| | 9:00 C.Y.C.O. | | 9:15 Aqua Zumba | 9:30 Power Yoga | 9:45 Combat - 45 | 9:00 STEP INT. 1st & 3rd |
| | 9:30 Yoga - 45 | 9:15 Yoga | 9:30 Yoga | 9:45 Fit Bumps - Yoga | 9:15 Yoga Fusion | 9:00 Combat 2nd & 4th |
| | 9:30 Making Waves | 9:15 Aqua aerobics | | | 10:15 Mommy&Me-Aqua | 10:05 CX Worx |
| | 9:45 Combat - 45 | 10:15 Aqua Ease | 10:30 Aqua Pilates | 10:30 Aqua Tai Chi | 10:45 CXWORX | |
| | | 10:30 STEP INTERVAL | 11:30 Aqua Tai Chi | 11:45 Mommy & Me - yoga | | |
| | | 12:00 RPM | | 12:00 RPM | | Multi-purpose Room |
| | 12:00 Pump | 12:00 Zumba | 12:00 Pump | 12:00 Zumba | 11:45 Aqua Pilates | Mind/Body Room |
| | | 12:30 Aqua Boomers | | 12:30 Aqua Boomers | 12:00 Intro Yoga | Group Ex Room |
| | 12:15 Chair Yoga | 1:15 Intro Yoga | 12:15 Sprint | 1:00 CX WORX | 12:00 Pump | Cycle Room |
| | | | | 4:20 Yoga | | Exercise Pool |
| | 4:20 Pilates | 4:00 Combat | 4:20 Fit Happens | 4:10 STEP-INTERVAL | | |
| | 4:20 Body Attack | 4:10 STEP | 4:20 Strong by Zumba | 4:20 Zumba | | |
| | 4:20 RPM | 5:15 CX Worx | 5:00 Hatha Yoga | 5:15 CX Worx | | |
| | 5:30 Mommy & Me Yoga | | *starting 2/21* | | | |
| | 5:00 Water aerobics | 5:30 Aqua Flow | 5:30 Aqua Zumba | 5:30 Water Aerobics | | |
| | 6:00 Water aerobics | 5:45 SPRINT | | | | |
| | 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 | | | |
| | 6:45 Fit Bumps-Yoga | 6:15 Power Yoga | 6:30 Fit Bumps- Aqua | 6:30 Mommy & Me - aqua | | |
| | 7:00 Power Yoga | | | | | |

Please visit www.fitnesscenterofthibodauxregional.com
or our Smart phone APP, [Fit@ThibReg](#), for our most updated schedule.