

Group Exercise Schedule - October

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00 P90X	5:00 RPM	5:00 Body Combat	5:00 RPM	5:00 Body Combat	
	5:15 SPRINT	5:00 Body Pump	5:00 CXWORX	5:00 Body Pump	5:00 RPM	
	6:00 Sunrise Yoga		5:15 SPRINT	5:00 Body Attack	5:00 Body Attack/CX	
			5:30 PiYo		6:00 Sunrise Yoga	7:45 Body Pump
						8:00 Water Aerobics
		8:00 PiYo		8:00 Tai Chi - Level 1		
		9:15 Yoga	8:30 Express Cycle	8:30 P90X	7:15 Making Waves	9:00 RPM
	8:15 Forever Fit	9:15 Aqua HIIT	9:15 Body Combat	9:15 Forever Fit	8:15 Stability and Stretch	9:00 Power Yoga
	8:30 Body Pump	9:15 Barre		9:15 Aqua Tai Chi	8:30 Body Pump	9:00 Body Attack 1st & 3rd
	8:30 Cycle-Core		9:15 Tai Chi - Level 2	9:35 CXWORX	9:00 Aqua Tai Chi	9:00 STEP INT. 1st & 3rd
	9:15 Making Waves	10:15 Aqua Ease	9:15 Aqua Zumba	10:30 H2O Cardio Dance	9:15 Yoga Fusion	9:00 Body Combat 2nd & 4th
	9:30 FitBumps Barre*	10:30 CXWORX	9:30 Yoga	10:30 Mommy & Me*	9:30 Barre	10:00 Tai Chi 2nd & 4th
	9:30 Yoga	10:30 FitBumps Yoga*	10:30 Aqua Pilates	10:15 Yoga	9:45 Body Combat (45 min)	10:05 CXWORX
			10:30 Forever Fit		10:00 Aqua Pilates	11:00 Tai Chi-Level 2 2nd & 4th
		12:00 RPM		12:00 RPM	10:35 CXWORX	
	12:00 Body Pump	12:00 Zumba	12:00 Body Pump	12:00 Zumba	11:15 Chair Yoga	
		12:30 Aqua Boomers			12:00 Intro Yoga	Multi-purpose Room
			12:15 Sprint		12:00 Body Pump	Mind/Body Room
				4:10 STEP-INTERVAL	4:30 Sprint	Group Ex Room
	4:20 Pilates	4:00 Body Combat	4:20 Fit Happens	4:20 Yoga		Cycle Room
	4:20 Body Attack					Exercise Pool
	4:20 RPM	5:15 CXWORX	5:00 Hatha Yoga	5:15 CXWORX		
	5:00 Water aerobics	5:30 Aqua Flow	5:30 Rotating Aqua Class	5:30 Water Aerobics		
	6:00 Water aerobics	6:00 SPRINT		6:00 SPRINT		
	5:30 Body Pump		6:00 Body Pump	6:00 Body Pump		
	6:00 RPM	6:00 Body Pump	6:00 RPM	6:00 Body Combat		
	6:00 ZUMBA	6:00 Body Combat	6:00 Body Attack			
		6:15 Power Yoga				
	7:00 Power Yoga					



* FitMama Classes: September 10 - October 4

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