


























# GroupX Schedule - Harrisonburg

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am	GROUPX → EliteFit →	 <b>LES MILLS BODYPUMP</b>	 <b>LES MILLS CXWORX</b> Carson	 <b>LES MILLS BODYPUMP</b> Carson		8:15am GroupX Room  <b>LES MILLS BODYPUMP</b> Carson/Sarah
9:30am	 <b>LES MILLS BODYPUMP</b> Morgan	<b>T&amp;C 30</b>	<b>T&amp;C</b>		 <b>LES MILLS BODYPUMP</b> Morgan	8:15am EliteFit Area  <b>Shape Up!</b> Frank
10:30am	 <b>LES MILLS CXWORX</b> Morgan		 <b>LES MILLS CXWORX</b> Donna		 <b>LES MILLS CXWORX</b> Morgan	9:15am  <b>Cycle</b> Frank
12pm (45 min)	<b>LUNCH CRUNCH BOOTCAMP</b> Frank			<b>LUNCH CRUNCH BOOTCAMP</b> Morgan	<b>11:00am SeniorStrength</b> Michelle	
4:30pm		<b>senior yoga</b> Stephanie S.		 <b>LES MILLS BODYPUMP</b> Andy		10:00am  <b>ZUMBA FITNESS</b> Brittany
5:30pm	 <b>ZUMBA FITNESS</b> Brittany		<b>POWER Yoga</b> Karen	 <b>LES MILLS CXWORX</b> Andy <b>T&amp;C</b> Frank in EliteFit	<b>POWER Yoga</b> Karen	
6:30pm	 <b>LES MILLS BODYPUMP</b> Lucy	 <b>LES MILLS CXWORX</b> Kaity	 <b>LES MILLS BODYPUMP</b> Carson	 <b>Shape Up!</b> Frank		

EFFECTIVE November 5, 2019

Bridgewater →

**GROUP X**  
STUDIO  
GROUP EXERCISE CLASSES  
[www.totalbodyplace.com](http://www.totalbodyplace.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30pm		 <b>LES MILLS BODYPUMP</b> Sarah		
5:30pm	 <b>Cycle</b> Frank	 <b>ZUMBA FITNESS</b> Pam	 <b>Shape Up!</b> Frank	 <b>LES MILLS BODYPUMP</b> Lucy
6:30pm	<b>LesMills BODYATTACK</b> 45 Minutes Lisa/Amy	 <b>TBT</b> Frank		