

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:45 AM	<b>CLUB FITNESS</b> <b>HIIT</b> Laura 45min	<b>LES MILLS</b> Gabby <b>BODYPUMP</b>	<b>CLUB FITNESS</b> <b>HIIT</b> Laura 45min	<b>LES MILLS</b> Gabby <b>BODYPUMP</b>	<b>Turbo KICK</b> Jenn	5:45 AM		
7:00 AM						7:00 AM	<b>LES MILLS</b> Shaylea <b>BODYPUMP</b>	
8:00 AM	<b>LES MILLS</b> Frankie <b>BODYPUMP</b>	<b>CLUB FITNESS</b> <b>CORE</b> Liz	<b>CLUB FITNESS</b> Liz <b>STRENGTH</b>	<b>CLUB FITNESS</b> <b>HIIT</b> Jen	<b>LES MILLS</b> Gabby <b>BODYCOMBAT</b>	8:00 AM	<b>Turbo KICK</b> Jenn	
9:00 AM	<b>CLUB FITNESS</b> Cindy <b>CARDIO</b>	<b>LES MILLS</b> Joy <b>BODYPUMP</b>	<b>CLUB FITNESS</b> Jen <b>CARDIO</b>	<b>LES MILLS</b> Joy <b>BODYPUMP</b>	<b>ZUMBA</b> fitness Instructor Varies	9:00 AM	<b>CLUB FITNESS</b> <b>HIIT</b> Laura C	<b>ZUMBA</b> fitness Cathy
10:00 AM	<b>CLUB FITNESS</b> Amanda <b>SYNERGY</b>	<b>ZUMBA</b> fitness Melanie	<b>CLUB FITNESS</b> <b>YOGA</b> Pamela	<b>LES MILLS</b> Gabby <b>BODYCOMBAT</b>	<b>CLUB FITNESS</b> Amanda <b>SYNERGY</b>	10:00 AM	<b>ZUMBA</b> fitness Lindsay	<b>URBAN KICK</b> Carolyn
4:00 PM	<b>CLUB FITNESS</b> Gary <b>PILATES</b>	<b>LES MILLS</b> Shaylea <b>BODYPUMP</b>	<b>CLUB FITNESS</b> <b>YOGA</b> Alicia	<b>LES MILLS</b> Shaylea <b>BODYPUMP</b>				
5:00 PM	<b>CLUB FITNESS</b> <b>HIIT</b> Jen	<b>Turbo KICK</b> Jenn	<b>LES MILLS</b> Alicia <b>BODYPUMP</b>	<b>CLUB FITNESS</b> Katie <b>CARDIO</b>				
6:00 PM	<b>LES MILLS</b> Joy <b>BODYPUMP</b>	<b>PIYO</b> Jessica	<b>ZUMBA</b> toning Shana	<b>CLUB FITNESS</b> <b>YOGA</b> Ken				
7:00 PM	<b>ZUMBA</b> fitness Lindsay	<b>LES MILLS</b> Nicole <b>BODYPUMP</b>	<b>PIYO</b> Shana	<b>ZUMBA</b> fitness Laura H				



All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

**FITNESS FOR EVERY BODY.**

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