



In-person & Livestream Schedule- Begins 10/19/2020

IP = In person in our group fitness room

LS = Livestream from our GFR to your home

	M	T	W	TH	F		SAT
5:30	RPM IP / LS <i>Sarah Y</i>	BODYPUMP IP / LS <i>Jen B</i>	BODYATTACK IP <i>Kristen</i>	BODYPUMP IP <i>Drew</i>	CXWORX / BODYFLOW IP / LS <i>Kristen / Jackie</i>	7:45	RPM <i>Tracey</i>
9:00	BODYPUMP IP / LS <i>Larry</i>	BODYSTEP IP <i>Heather</i>	STONE IP <i>Heather</i>	BODYPUMP / CXWORX IP <i>Sarah M</i>	BODYFLOW IP / LS <i>Kim</i>	8:45	BODYPUMP <i>Sarah M</i>
4:30	STONE IP <i>Heather</i>	RPM IP <i>Larry</i>	BODYPUMP IP / LS <i>Tracey</i>	BODYSTEP IP <i>Heather</i>	X	9:45	ATTACK / CXWORX IP / LS <i>Kristen & Drew</i>
5:30	BODYPUMP IP <i>Sarah M</i>	BODYFLOW IP / LS <i>Sarah Y</i>	COMBAT / CXWORX IP <i>Drew</i>	RPM IP / LS <i>Andrea</i>			
6:30	BODYCOMBAT IP / LS <i>Drew</i>	X	X	BODYPUMP IP / LS <i>Larry</i>			

