

Ladies Movement Fitness Club
510 Commerce Park Blvd
Northwood, OH 43619
419.697.5433

Revised 04/11/2018

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---|--|---|--|---|--|--|
| 5:45am | Class: Cycling Instr: Bonnie Dur: 50 min | Class: Yoga Flow Instr: Angie B. Dur: 60 min | Class: Cycling & Toning Instr: Kami Dur: 60 min | Class: Cycling Instr: Bonnie Dur: 50 min | Class: Toning Instr: Kami Dur: 60 min | | |
| 8:00am | | | | | | Class: Circuit Instr: Kami Dur: 60 min | |
| 8:30am | Class: Silver Sneakers Classic Instr: Natalie Dur:45-60 min | | Class: PiYo (Pilates/Yoga) Instr: Natalie Dur: 60 min | | Class: Silver Sneakers Classic Instr: Natalie Dur:45-60 min | | |
| 9:00am | | Class: Zumba Instr: Holly Dur: 60 min | | Class: Zumba Instr: Holly Dur: 60 min | | Class: Aerobox Instr: Julie Dur: 60 min Class: Cycling Instr: Kelly Dur: 50 min | |
| 9:30am | Class: Turbo Kick Instr: Brittany Dur: 45 min | | Class: Turbo Kick Instr: Brittany Dur: 60 min | | Class: Turbo Kick Instr: Brittany Dur: 45 min | | |
| 10:00am | | Class: Country Heat Instr: Natalie Dur: 60 min | | Class: Tabata X Instr: Brittany Dur: 60 min | | Class: Zumba Instr: Holly Dur: 60 min Class: Cycling Instr: Angie Dur: 60 min | |
| 10:30am | | | | | Class: Cycling Instr: Bonnie Dur: 50 min | | Class: Cycling Instr: Lisa Dur: 30 min |
| 11:00am | | | | | | Class: Body Sculpt Instr: Angie Dur: 60 min | Class: Kick & Tone Instr: Lisa Dur: 60 min |
| 4:00pm | Class: PiYo Instr: Natalie Dur: 60 min | Class: Kickboxing Instr: Angie Dur: 60 min | Class: Yoga Tone Instr: Natalie Dur: 45 min | Class: Boot Camp Instr: Angie Dur: 60 min | | | |
| 5:00pm | Class: Step & Core Instr: Lisa Dur: 60 min | Class: Cycling Instr: Kelly Dur: 50 min | Class: Step & Core Instr: Lisa Dur: 60 min | | | | |
| 5:30pm | Class: Cycling Instr: Julie Dur: 75 min | | Class: Cycling Instr: Bonnie Dur: 50 min | | | | |
| 6:00pm | Class: Tabata Instr: Lisa Dantzer Dur: 60 min | Class: Cardio Drumming Instr: Lisa Dantzer Dur: 45 min | Class: Tabata Instr: Lisa Dantzer Dur: 60 min | Class: Cardio Drumming Instr: Lisa Dantzer Dur: 45 min | | | |
| 6:30pm | | | | | | | |