

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

Revised 06/17/2018

	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: Core de Force Instr: Natalie Dur: 60 min		Class: Tabata X Instr: Brittany Dur: 60 min		Class: Zumba Instr: Holly Dur: 60 min	
10:30am					Class: Cycling Instr: Bonnie Dur: 50 min		Class: Cycling Instr: Lisa Dur: 30 min
11:00am							Class: Kick & Tone Instr: Lisa Dur: 60 min
4:00pm	Class: PiYo Instr: Natalie Dur: 60 min		Class: Yoga Tone Instr:Natalie Dur: 45 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						
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				
6:30pm							