

# Holiday



## GROUP EXERCISE SCHEDULE

LEXINGTON ATHLETIC CLUB

DEC 24-JAN 1  
2016

SCHEDULE SUBJECT TO CHANGE

24 SATURDAY	25 SUNDAY	26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY	31 SATURDAY	1 SUNDAY
CLUB HOURS: 7AM-4PM	CLOSED	CLUB HOURS: 5AM-11PM	CLUB HOURS: 5AM-11PM	CLUB HOURS: 5AM-11PM	CLUB HOURS: 5AM-11PM	CLUB HOURS: 5AM-9PM	CLUB HOURS: 7AM-4PM	CLUB HOURS: 8AM-8PM
				C 5:30 AM <b>CHAOS</b>	A 5:30 AM 45 <b>SPIN Express</b>	C 5:30 AM <b>CHAOS</b>		
NO CLASSES	NO CLASSES	B 9:00 AM <b>ZUMBA</b>	B 9:00 AM <b>ZUMBA</b>	A 9:00 PM <b>SPIN &amp; RUN</b>	B 9:00 AM <b>ZUMBA</b>	A 9:00 AM <b>SPINNING</b>	B 8:00 AM <b>M3THOD</b>	NO CLASSES
		B 10:00 AM GROUP <b>POWER</b>	C 9:00 AM <b>BOOTCAMP</b>	P 9:30 AM 45 <b>AQUAFIT</b>	C 9:00 AM <b>BOOTCAMP</b>	B 9:00 AM <b>ZUMBA</b>	C 9:00 AM <b>BOOTCAMP</b>	
				B 10:00 AM GROUP <b>POWER</b>		P 9:30 AM 45 <b>AQUAFIT</b>	A 9:00 AM 45 <b>SPIN Express</b>	
				B 11:15 AM <b>YOGA</b>		B 10:15 AM hard bodies	B 9:00 AM <b>ZUMBA</b>	
						B 11:15 AM <b>YOGA</b>	B 10:00 AM GROUP <b>POWER</b>	
		A 5:30 PM 45 <b>SPIN Express</b>	B 6:00 PM <b>ZUMBA</b>	A 5:30 PM 45 <b>SPIN Express</b>	B 6:00 PM <b>ZUMBA</b>			
			C 6:00 PM <b>BOOTCAMP</b>	C 6:00 PM <b>CROSSFIT- BOOTCAMP</b>	C 6:00 PM <b>BOOTCAMP</b>			
		B 7:00 PM <b>ZUMBA</b>	B 7:00 PM <b>M3THOD</b>	B 7:00 PM <b>ZUMBA</b>	B 7:00 PM <b>M3THOD</b>			

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