

ORCHARD HILLS

ATHLETIC CLUB

GROUP FITNESS SCHEDULE EFFECTIVE 1/18/2021 - ALL CLASSES ARE VIRTUAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						
5:30	BODYCOMBAT 84 (54min)						
7:00		GRIT 27 (30min)		SH'BAM UNITED (40min)			
8:00	BARRE UNITED (30min)	CX 38 (30min)	Grit Cardio UNITED (30min)		EASY PILATES (30min)	BODYCOMBAT 79 (55min)	BODYCOMBAT 83 (55min)
9:00		BODYPUMP 113 (55min)		BODYPUMP 114 (55min)			
9:30					Virtual Tabata OHAC	CX WORX 32 (30min)	
10:45	CX WORX 36 (30min)	BODYCOMBAT 84 (55min)	CX WORX 34 (30min)	POWER STEP 31 (45min)	BODYCOMBAT 82 (55min)	SH'BAM 35 (45min)	CX WORX 35 (30min)
12:00	GRIT CARDIO UNITED (30min)	ZUMBA 35 (30min)	SH'BAM UNITED (45min)	BODYCOMBAT 77 (55min)	BARRE UNITED (30min)	BARRE UNITED (30min)	BODYPUMP 113 (55min)
	EVENING						
3:00						BODYPUMP 112 (60min)	GRIT CARDIO 31 (30min)
6:00						Club Hours: Monday-Friday 5:00am-8:00pm Saturday & Sunday 7:00am-6:00pm Together we are strong!	
6:15							
7:00	SH'BAM 40 (45min)	BODYPUMP UNITED (60min)	BODYPUMP 113 (45MIN)	BODYCOMBAT81 (55min)	GRIT CARDIO UNITED (30min)		