

# ORCHARD HILLS

ATHLETIC CLUB

## GROUP FITNESS SCHEDULE EFFECTIVE 4/12/2021 - ALL CLASSES ARE VIRTUAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>MORNING</b>						
5:30	BODYCOMBAT (54min)						
7:00		GRIT (30min)		SH'BAM (40min)			
8:00	BARRE (30min)	CX (30min)	Grit Cardio UNITED (30min)		EASY PILATES (30min)	BODYCOMBAT (55min)	BODYCOMBAT (55min)
9:00							
9:30		BODYPUMP (55min)		BODYPUMP (55min)	Virtual Tabata OHAC	CX WORX (30min)	
10:45	CX WORX (30min)	BODYCOMBAT 84 (55min)	CX WORX (30min)	POWER STEP (45min)	BODYCOMBAT (55min)	SH'BAM (45min)	CX WORX (30min)
12:00	GRIT CARDIO (30min)	ZUMBA (30min)	SH'BAM (45min)	BODYCOMBAT (55min)	BARRE UNITED (30min)	BARRE UNITED (30min)	BODYPUMP (55min)
	<b>EVENING</b>						
3:00						BODYPUMP (60min)	GRIT CARDIO (30min)
6:00						Club Hours: Monday-Friday 5:00am-9:00pm Saturday & Sunday 7:00am-6:00pm Together we are strong!	
6:15							
7:00	SH'BAM (45min)	BODYPUMP (60min)	BODYPUMP (45MIN)	BODY COMBAT (55min)	GRIT CARDIO (30min)		