

HENDRICK - SOUTH / Virtual & Live / Group Fitness **FALL** Schedule

Key: 🕒 = Virtual Class **Gray Highlight** = Live Class

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 AM		Chair Yoga Kathy		Chair Yoga Kathy	
8:30 AM	🕒 LESMILLS THE TRIP COMPETE		🕒 Les Mills CORE 9 AM 🕒 barre		🕒 LESMILLS THE TRIP COMPETE
9:30 AM	Gentle Yoga Kathy	Active Yoga Terri	Gentle Yoga Kathy	Active Yoga Terri	Gentle Yoga Kathy
10:45 AM	Mat Pilates Kathy		Mat Pilates Kathy		Mat Pilates Kathy
12 PM	🕒 LESMILLS THE TRIP COMPETE	🕒 LESMILLS BODYPUMP®	🕒 LESMILLS BODYCOMBAT®	🕒 LESMILLS THE TRIP COMPETE	🕒 LESMILLS BODYPUMP®
12:30 PM		🕒 LESMILLS BODYBALANCE (flexibility)	🕒 Les Mills CORE		🕒 LESMILLS BODYBALANCE (strength)
4:30 PM	🕒 LESMILLS THE TRIP COMPETE		🕒 LESMILLS BODYCOMBAT®	🕒 LESMILLS BODYPUMP®	
5:00 PM		🕒 LESMILLS BODYPUMP®			
5:30 PM	Yin Yoga / Restorative Kathy				

