

# 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<br>Kathy                        |                                     | Chair Yoga<br>Kathy     |   |
| 8:30 AM  | 🕒 THE TRIP<br>COMPETE              |  | 🕒 Les Mills<br>CORE<br>9 AM 🕒 barre |                         | 🕒 THE TRIP<br>COMPETE                   |
| 9:30 AM  | Gentle Yoga<br>Kathy               | Active Yoga<br>Terri                       | Gentle Yoga<br>Kathy                | Active Yoga<br>Terri    | Gentle Yoga<br>Kathy                    |
| 10:45 AM | Mat Pilates<br>Kathy               |  | Mat Pilates<br>Kathy                |                         | Mat Pilates<br>Kathy                    |
| 12 PM    | 🕒 THE TRIP<br>COMPETE              | 🕒 LESMILLS<br>BODYPUMP®                    | 🕒 LESMILLS<br>BODYCOMBAT®           | 🕒 THE TRIP<br>COMPETE   | 🕒 LESMILLS<br>BODYPUMP®                 |
| 12:30 PM |                                    | 🕒 LESMILLS<br>BODYBALANCE<br>(flexibility) | 🕒 Les Mills<br>CORE                 |                         | 🕒 LESMILLS<br>BODYBALANCE<br>(strength) |
| 4:30 PM  | 🕒 THE TRIP<br>COMPETE              |  | 🕒 LESMILLS<br>BODYCOMBAT®           | 🕒 LESMILLS<br>BODYPUMP® |   |
| 5:00 PM  |                                    | 🕒 LESMILLS<br>BODYPUMP®                    |                                     |                         |   |
| 5:30 PM  | Yin Yoga /<br>Restorative<br>Kathy |  |                                     |                         |   |

