

# GROUP FITNESS LIVE SCHEDULE EFFECTIVE 11/23/2020

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>		<u>SATURDAY</u>	<u>SUNDAY</u>
<b>5:30am</b>	Tabata/CX w/ Dawn (60 min) <i>Basketball Floor</i>	Les Mills Tone w/ Wendy (45 min) <i>Basketball Floor</i>	BodyPump w/Dawn (60 min) <i>Basketball Floor</i>	Les Mills Tone w/ Wendy (45 min) <i>Basketball Floor</i>		<b>8:00am</b>	60 Min Cycling W/ Wendy	BodyCombat w/Rebecca (60 min)
<b>9:30am</b>	Body Combat w/ Rebecca / Robin (60 min)		CardioStep w/Jenn (60 min)		Tabata w/Robin (45 min) <i>Last Class 11/27</i>	<b>8:15am</b>	CardioBlast w/Steven (45 min) <i>Basketball Floor</i>	
<b>4:30pm</b>	30 Min Cycling W/ Katie	30 Min Cycling W/ Jen S.				<b>9:00am</b>		BodyPump w/Danielle (60 min) <i>Basketball Floor</i> <i>Begins 11/29</i>
<b>5:00pm</b>	BootCamp w/ Katie (30 min) <i>Basketball Floor</i>	Pilates w/ Jen S. (30 min) <i>Basketball Floor</i>				<b>9:15am</b>	30 Min Cycling W/ Steven	
<b>5:30pm</b>		BodyCombat w/ Dawn (45 min)	BodyPump w/ Danielle (60 min) <i>Basketball Floor</i>	Tone/CX w/Wendy (60 min)	BodyPump w/Joslyn (60 min) <i>Basketball Floor</i>	<b>10:15am</b>		Les Mills Tone w/Steven (45 min) <i>Basketball Floor</i>
<b>5:30pm</b>			60 Min Cycling W/ Tony			Club Hours: M-F 5:15am-8:00pm Sat-Sun 7:00am-6:00pm ohaclub.com		
<b>5:45pm</b>	BodyPump w/ Dawn (60 min) <i>Basketball Floor</i>							

**ORCHARD HILLS**  
ATHLETIC CLUB

