



SEACOAST SPORTS CLUB

ATLANTIC GROUP FITNESS SCHEDULE BEGINS 11/6/17

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	HOURS	SATURDAY	SUNDAY
GROUP FITNESS	5:30am	BOOTCAMP BLAST Pamela		LES MILLS BODYPUMP 45 mins Maggie		LES MILLS BODYCOMBAT Jocelyn			
	7:30am	LES MILLS BODYVIVE 3.1 Katie	LES MILLS BODYPUMP Allison	LES MILLS BODYVIVE 3.1 Giovanna	LES MILLS BODYSTEP Giovanna	LES MILLS BODYFLOW Allison	7:30am	LES MILLS BODYSTEP ATHLETIC Olivia	LES MILLS CXWORX Tiffany
	8:30am				LES MILLS CXWORX Danielle		8:00am	LES MILLS BODYPUMP Denise	LES MILLS BODYCOMBAT Tiffany
	9:15am	Functional Strength for Athletes Jen	LES MILLS BODYPUMP LES MILLS CXWORX 30/30 Danielle	Functional Strength for Athletes Jen	BARRE Olivia	LES MILLS BODYPUMP Danielle	9:00am	LES MILLS SH'BAM Danielle	LES MILLS BODYFLOW Tiffany
	10:30am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie			
	5:15pm	LES MILLS BODYSTEP LES MILLS BODYFLOW Olivia		LES MILLS BODYVIVE 3.1 Katie	LES MILLS BODYPUMP Mariah				
	6:15pm	LES MILLS BODYPUMP Jenna	BARRE Olivia	LES MILLS BODYJAM LES MILLS SH'BAM 30/30 Danielle	LES MILLS BODYCOMBAT Denise	LES MILLS BODYJAM Sarah			
CYCLE/RPM									
RPM	5:30am		LES MILLS RPM Maggie						
	9:15am	SPIN Carla		SPIN Carla	LES MILLS RPM Allison	SPIN Carla	9:00am	LES MILLS RPM Mariah	
	5:15pm		LES MILLS RPM Mariah			LES MILLS RPM LES MILLS CXWORX Mariah			

www.SeacoastSportsClubs.com
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