

Gold's Gym Culpeper

GGX - Studio 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00AM LES MILLS BODYCOMBAT			6:00AM BODYPUMP	5:45AM LES MILLS BODYCOMBAT		
				8:30AM LES MILLS CXWORX		8:30AM BODYPUMP	
	9:00AM LES MILLS BODYSTEP	9:00AM PSOX	9:00AM LES MILLS SHBAM	9:00AM LES MILLS BODYVIVE 3.1	9:00AM PSOX	9:30AM LES MILLS Cardio Rotation	9:00AM PSOX
	10:00AM BODYPUMP	10:00AM STRONG	10:00AM BODYPUMP	10:00AM LES MILLS BODYCOMBAT	10:00AM LES MILLS BODYSTEP		
					<div style="border: 1px solid black; padding: 5px; text-align: center;"> PROPER ATHLETIC ATTIRE IS REQUIRED !!!! </div>		
4:30PM BODYPUMP	4:30PM LES MILLS BODYVIVE 3.1	4:30PM BODYPUMP	4:30PM PSOX				
5:30PM LES MILLS BODYSTEP	5:30PM BODYPUMP	5:30PM LES MILLS CXWORX	5:30PM BODYPUMP	5:30PM PSOX			
6:30PM LES MILLS BODYCOMBAT	6:30PM BODYATTACK	6:15PM PSOX	6:45PM ZUMBA				
	7:30PM ZUMBA	7:15PM LES MILLS SHBAM					

Mind/Body - Studio 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
	9:00AM BODY FLOW		9:00AM BODY FLOW		9:00AM BODY FLOW		
	11:00AM Silver Sneakers		11:00AM Silver Sneakers		11:00AM Silver Sneakers	10:30AM BODY FLOW	
EVENING	4:30PM Yoga		4:30PM Yoga Fusion				
		5:30PM BODY FLOW		5:30PM BODY FLOW			
	6:00PM LES MILLS CXWORX						

Cycling - Studio 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
			9:00AM Cycle Challenge				
EVENING	6:30PM Cycle Challenge			4:30PM SPIN REVOLUTION		<div style="border: 1px solid black; padding: 5px; text-align: center;"> Water and towel required. </div>	