

Gold's Gym Culpeper

GGX - Studio 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	6:00AM BOOTCAMP			6:00AM BODYPUMP			
				8:30AM LES MILLS CXWORX		8:30AM BODYPUMP	
	9:00AM BODY ATTACK	9:00AM LES MILLS tone		9:00AM NO LIMITS (HIIT)	9:00AM BODYPUMP		9:00AM BOOTCAMP
	10:00AM BODYPUMP		10:00AM NO LIMITS (HIIT)			10:30AM LES MILLS CXWORX	10:00AM LES MILLS tone
EVENING						<div style="border: 1px solid black; padding: 5px;"> PROPER ATHLETIC ATTIRE IS REQUIRED !!!! </div>	
	4:30PM BODYPUMP	4:45PM LES MILLS CXWORX	4:30PM BODYPUMP				
	5:45PM LES MILLS CXWORX	5:30PM BODYPUMP	5:45PM LES MILLS CXWORX	5:30PM BODYPUMP			
	6:30PM LES MILLS BODYSTEP	6:45PM BODY ATTACK	6:30PM ZUMBA	6:45PM ZUMBA			

Mind/Body - Studio 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
	9:00AM BODY FLOW		9:00AM BODY FLOW		9:00AM BODY FLOW		
		10:00AM BODY FLOW				10:30AM BODY FLOW	11:00AM BODY FLOW
EVENING							
	4:30PM YOGA		4:30PM YOGA		4:30PM YOGA		
		5:30PM BODY FLOW		5:30PM BODY FLOW			
	6:00PM BODY FLOW						

Cycling - Studio 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING							
		10:00AM LES MILLS sprint			10:00AM LES MILLS sprint	9:35AM POWER RIDE	
			9:00AM Cycle Challenge				
EVENING	6:35PM POWER RIDE		6:30PM POWER RIDE	5:00PM LES MILLS sprint		<div style="border: 1px solid black; padding: 5px;"> Water and towel required. </div>	