









GOLD'S GYM LARGO GGX SCHEDULE - JUNE 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM		LES MILLS BODYPUMP Shelley		LES MILLS BODYPUMP Shelley		LES MILLS BODYPUMP Shelley	
9:00AM							LES MILLS BODYPUMP Wendy
9:30AM	LES MILLS RPM Brian LES MILLS BODYCOMBAT Chris	LES MILLS BODYSTEP Shelley		LES MILLS RPM Brian LES MILLS BODYSTEP Shelley	LES MILLS BODYCOMBAT Nicole	LES MILLS RPM Damian/ LES MILLS BODYCOMBAT Mindy Shelley	
10:00AM			LES MILLS BODYCOMBAT Chris				
10:30AM	LES MILLS BODYFLOW 45 min. Tracey / Jenna			LES MILLS BODYFLOW Shelley (30 min.)		OPEN 24 HOURS! STAFFED CLUB HOURS: MONDAY-THURSDAY 7:00 AM - 9:00 PM FRIDAY 7:00 AM - 7:30 PM SATURDAY & SUNDAY 8:00AM - 1:00 PM KIDSClub HOURS: MONDAY-THURSDAY 8:30AM - 12:00 PM 4:30 PM - 8:30 PM FRIDAY 9:00 AM - 12:00 PM 4:30PM - 7:30 PM SATURDAY 8:30 AM - 12:00 PM SUNDAY 9:00 AM - 12:00 PM  2178 EAST BAY DR LARGO, FL 33771 727-240-1400	
11:15AM	Stability - Betty 	CardioFit - Bobbie 	Classic - Kim 	CardioFit - Bobbie 	Classic - Kim 		
5:30PM	LES MILLS RPM Christy LES MILLS BODYATTACK Tom	LES MILLS BODYPUMP Tracey / Mindy	LES MILLS RPM Mindy LES MILLS BODYCOMBAT Sue	LES MILLS BODYPUMP Mindy			
6:00PM	**NEW CLASS**						
6:30PM	LES MILLS BODYPUMP Wendy	LES MILLS BODYFLOW 45 min. Patti / Tracey	Pilates ~ Core Melissa	LES MILLS BODYJAM Tracey			
7:15PM		LES MILLS BODYJAM Nicole (45 min.)					
7:30PM				Yoga / Pilates Melissa			