TYLER RACQUET CLUB 2026 Group Exercise Schedule. "November"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30am LesMills BODYPUMP Valerie 45 Min.	**5:30am** LesMills BODYBALANCE Shelly T 45 Min.	**5:30am** LesMills BODYPUMP Valerie 45 Min.		
8:15am LesMills BODYPUMP Abbie	**8:30am** **Functional Fitness Lower Body/Core** Christiana	**8:15am** LesMills BODYPUMP Valerie 45 Min.		**8:30am** **CardioSculpt** Laura V	**8:30am** LesMills BODYBALANCE Rotation
9:25am LesMills BODYPUMP Lindsay	**9:30am** **Functional Fitness Total Body Strength** Christiana	**9:25am** LesMills BODYPUMP Lindsay	**9:30am** LesMills BODYBALANCE Shelly	**9:25am** LesMills BODYPUMP Lindsay	**9:15am** LesMills BODYPUMP Rotation
10:30am **Functional Fitness Upper/Core** Laura V		**10:30am** **Functional Fitness Total Body Strength** Amy		**10:30am** **Functional Fitness Full Body** Alaina	**10:30am** **Functional Fitness Total Body Conditioning** Kamie
11:30am LesMills BODYCOMBAT Brooke	**11:30am** **Core/Mobility Flexibility** Laura V	**11:30am** **Senior Fitness** Micro		**11:30am** **Zumba** Alaina	
12:30pm **Senior Fitness** Micro					
4:30pm **Functional Fitness Total Body** Kamie	**4:30pm** **Spinerval** Kamie	**4:30pm** **Spinerval** Laura			
	5:45pm **Cardio Kickboxing** Jeff				
5:30pm LesMills BODYATTACK Erin/Ginger	**5:30pm** LesMills BODYPUMP Erin	**5:30pm** LesMills BODYCOMBAT Kamie	**5:30pm** LesMills BODYPUMP Erin/Ginger		
6:30pm **Yoga** Kimberly	**6:30pm** LesMills BODYBALANCE Ginger	**5:30pm** **TRC Run Club** RJ	**6:30pm** LesMills BODYBALANCE Erin		