



NORTH ANDOVER GROUP X SCHEDULE WINTER 2021-2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	SPINNING SPIN STUDIO				SPINNING SPIN STUDIO		
6:00 AM			LES MILLS BODYPUMP LES MILLS		HOT POWER YOGA PRANA		
6:15 AM		HIIT GROUP X STUDIO	CORE GROUP X STUDIO	TOTAL BODY GROUP X STUDIO			
8:00 AM						SPINNING SPIN STUDIO	
8:30 AM						LES MILLS BODYPUMP GROUP X STUDIO	SLOW FLOW YOGA PRANA
9:00 AM	BARRE GROUP X STUDIO	TOTAL BODY GROUP X STUDIO	SPINNING SPIN STUDIO	BREATH & FLOW PRANA	HIIT PILATES PRANA		ZUMBA GROUP X STUDIO
	SPINNING SPIN STUDIO	HOT POWER YOGA PRANA			AGELESS GROUP X STUDIO		
9:15 AM						HOT CORE FUSION PRANA	
9:45 AM						ZUMBA GROUP X STUDIO	POUND GROUP X STUDIO
5:00 PM				HOT VINYASA PRANA	SLOW FLOW YOGA PRANA		
5:30 PM	LES MILLS BODYPUMP GROUP X STUDIO	KICKBOX GROUP X STUDIO	BARRE GROUP X STUDIO				
	HIIT PILATES PRANA						
6:00 PM		SPINNING SPIN STUDIO	HOT POWER YOGA PRANA	SPINNING SPIN STUDIO		STEPHANIEP@MYCHOICEFITNESS.COM	
6:30 PM		BREATHE & FLOW YOGA PRANA	ZUMBA GROUP X STUDIO			EFFECTIVE 12/20/21	
		LES MILLS CORE GROUP X STUDIO					