



Louisville Athletic Club-Jtown																						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																
<p><b>5:30-6:30 AM</b></p> <p><b>SPINNING</b> STRENGTH Brooke</p>	<p><b>9:30-10:30 AM</b></p> <p><b>GROUP POWER</b> Tenley</p>	<p><b>5:30-6:30 AM</b></p> <p><b>SPINNING</b> INTERVAL Anna</p>	<p><b>9:30-10:30 AM</b></p> <p><b>GROUP POWER</b> Tenley</p>	<p><b>5:30-6:30 AM</b></p> <p><b>SPINNING</b> ALL-TERRAIN Brooke</p>	<p><b>8:30-9:30 AM</b></p> <p><b>GROUP POWER</b> Lisa</p>	<p><b>8:30-9:30 AM</b></p> <p><b>SPINNING</b> INTERVAL Dean</p>																
<p><b>9:30-10:30 AM</b></p> <p><b>SPINNING</b> ALL-TERRAIN Dean</p>	<p><b>10:45-11:30 AM</b></p> <p><b>Silver Sneakers</b> YOGA Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>SPINNING</b> INTERVAL Lori</p>	<p><b>10:45-11:30 AM</b></p> <p><b>Silver Sneakers</b> YOGA Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>SPINNING</b> INTERVAL Lisa</p>	<p><b>9:30-10:30 AM</b></p> <p><b>SPINNING</b> STRENGTH Anna</p>	<p><b>8:30-9:30 AM</b></p> <p><b>Barre</b> BARRE-FIT Lisa</p>																
<p><b>9:30-10:30 AM</b></p> <p><b>YOGA</b> Michelle</p>	<p><b>11:45-12:30 PM</b></p> <p><b>Silver Sneakers</b> YOGA Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>COUNTRY HEAT</b> Tenley</p>	<p><b>11:45-12:30 PM</b></p> <p><b>Silver Sneakers</b> YOGA Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>PiYO</b> Tenley</p>	<p><b>9:30-10:30 AM</b></p> <p><b>YOGA</b> Amy</p>	<p><b>9:30-10:30 AM</b></p> <p><b>RIPPED</b> Amy</p>																
<p><b>11:00-11:45 AM</b></p> <p><b>Silver Sneakers</b> CIRCUIT TENLEY</p>	<p><b>12:45-1:30 PM</b></p> <p><b>BALLROOM DANCE</b> Michelle</p>	<p><b>11:15-12:00 PM</b></p> <p><b>Silver Sneakers</b> CLASSIC Lisa</p>	<p><b>12:45-1:30 PM</b></p> <p><b>BALLROOM DANCE</b> Michelle</p>	<p><b>10:45-11:30 AM</b></p> <p><b>Silver Sneakers</b> CIRCUIT Tenley</p>	<p><b>10:30-11:30 AM</b></p> <p><b>SPINNING</b> ALL-TERRAIN Brooke</p>																	
	<p><b>4:30-5:00 PM</b></p> <p><b>UPPER BODY SCULPT</b> Lisa</p>		<p><b>5:00-6:00 PM</b></p> <p><b>Barre</b> FIT-BARRE Lisa</p>	<p><b>11:45-12:30 PM</b></p> <p><b>Silver Sneakers</b> CLASSIC Tenley</p>	<p><b>10:30-11:30 AM</b></p> <p><b>YOGA</b> Michelle</p>																	
	<p><b>5:00-5:30 PM</b></p> <p><b>POP PILATES</b> Lisa</p>			<p><b>DOWNLOAD OUR FREE APP</b></p> <p>Download on the App Store</p> <p>Download from Google Play</p>																		
<p><b>5:30-6:30 PM</b></p> <p><b>SPINNING</b> INTERVAL Diane</p>	<p><b>5:30-6:00 PM</b></p> <p><b>BUTTS AND GUTS</b> Amy</p>		<p><b>5:45-6:45 PM</b></p> <p><b>SPINNING</b> INTERVAL Lori</p>	<p>Follow us on Facebook</p>																		
<p><b>5:30-6:30 PM</b></p> <p><b>GROUP POWER</b> Betty</p>	<p><b>6:00-6:55 PM</b></p> <p><b>SPINNING</b> STRENGTH Brooke</p>	<p><b>6:00-7:00 PM</b></p> <p><b>RIPPED</b> Janice</p>		<p>Follow us on Instagram</p>																		
<p><b>6:35-7:35 PM</b></p> <p><b>KICKBOXING</b> Diane</p>	<p><b>6:00-6:55 PM</b></p> <p><b>ZUMBA</b> Amy</p>	<p><b>6:00-7:00 PM</b></p> <p><b>SPINNING</b> Chrystal</p>	<p><b>6:00-7:00</b></p> <p><b>REFIT REVOLUTION</b> Keely</p>	<p><b>CLUB HOURS</b></p> <table border="1"> <tr> <td>Mon-Thurs</td> <td>5am- 11:30pm</td> </tr> <tr> <td>Friday</td> <td>5am-9pm</td> </tr> <tr> <td>Saturday</td> <td>7am-8pm</td> </tr> <tr> <td>Sunday</td> <td>8am-8pm</td> </tr> </table> <p><b>PLAYROOM HOURS</b></p> <table border="1"> <tr> <td>Mon-Thurs</td> <td>8am-12pm 5pm-8pm</td> </tr> <tr> <td>Friday</td> <td>8am-12pm</td> </tr> <tr> <td>Saturday</td> <td>8:30am-1pm</td> </tr> <tr> <td>Sunday</td> <td>Closed</td> </tr> </table> <p>Group Fitness Director- Amy Wilson awilson@athleticclubs.org Nationally Certified Instructor Certified R.I.P.E.D. Master Trainer</p>			Mon-Thurs	5am- 11:30pm	Friday	5am-9pm	Saturday	7am-8pm	Sunday	8am-8pm	Mon-Thurs	8am-12pm 5pm-8pm	Friday	8am-12pm	Saturday	8:30am-1pm	Sunday	Closed
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	<p><b>7:00-8:00 PM</b></p> <p><b>RIPPED</b> Amy</p>	<p><b>7:00-8:00 PM</b></p> <p><b>YOGA</b> Michelle</p>	<p><b>7:00-8:00</b></p> <p><b>RUMBLE</b> THE MAXIMUM CARDIO MMA WORKOUT Amy</p>	<p>All Spinning classes are in the upstairs cycling studio. All other classes are in the downstairs studio. www.louisvilleathleticclub.com</p>																		