

Louisville Athletic Club - Dixie Highway

Effective Oct 6th, 2018

Group Fitness Schedule

Hours of Operation:
 Monday-Thursday: 5:00am-11:30pm
 Friday: 5:00am-9:00pm
 Saturday: 7:00am-8:00pm
 Sunday: 8:00am-8:00pm

Playroom Hours:
 Monday-Friday: 8:00am-12:00pm
 Monday-Friday: 4:00pm-8:00pm
 Saturday: 8:00am-1:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a Spinning Michelle G/ Amy B	5:30a Strength Michelle G	5:30a Spinning Michelle G	5:30a Cardio Boot Camp Tracy S	5:30a 30/30 Class Tracy S	8:00am Yoga Rebecca C.	10:00a Zumba Heather M
10:30a Silver Sneakers Brenda T	9:15a 30/30 Deanna M	8:45a.m. Plates Michelle M	10:00a Yoga Rebecca C	10:30am Silver Sneakers Brenda T	8:00a Spinning Instructor Rotation	11:00a (30 min) Hoola Hoop Heather M
5:00p Tabata Sandy K	10:30a Beginner Yoga Rebecca C	9:30a BARRE Michelle M	5:00p Tabata Sandy K	5:30p 30/30 Class Michelle G/ Amy B	9:00a Strength Michelle G	11:30a Cardio Step Amy B
6:00p Spinning Sandy K	5:30p (30 min) RUMBLE Jennie C	10:30a Silver Sneakers Brenda T	5:30pm. Outdoor Bootcamp Amy B.	5:30p Outdoor Bootcamp Amy B.	10-10:35am MMA Cardio Graham G	1:00p Spinning Sandy K
6:00p Cardio Step Amy B	6:00p Spinning Michelle G	5:00p Yoga Rebecca	6:00p Spinning Sandy K	6:00p Spinning Sandy K	10:35a Zumba Emma B	
7:00p Zumba Heather M	6:00p R.I.P.P.E.D Jennie C	5:15p Spinning Tracy S				
	7:00p Zumba Shauna J	6:00p Strength Michelle G				
		7:00p Zumba Heather M				

Facebook: LACDixie

Instagram: LAC_Dixie

Website: www.LouisvilleAthleticClub.com

General Manager: Renee Milburn

Membership Director: Craig Stottman

Group Fitness Director: Michelle Geary