



Louisville Athletic Club-Jtown						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:30-6:30 AM</p> <p> SPINNING STRENGTH Brooke</p>	<p>9:30-10:30 AM</p> <p> GROUP POWER Tenley</p>	<p>5:30-6:30 AM</p> <p> SPINNING INTERVAL Anna</p>	<p>9:30-10:30 AM</p> <p> GROUP POWER Tenley</p>	<p>5:30-6:30 AM</p> <p> SPINNING ALL-TERRAIN Brooke</p>	<p>8:30-9:30 AM</p> <p> GROUP POWER Lisa</p>	<p>8:30-9:30 AM</p> <p> SPINNING INTERVAL Dean</p>
<p>9:30-10:30 AM</p> <p> SPINNING ALL-TERRAIN Dean</p>	<p>10:45-11:30 AM</p> <p> Silver Sneakers YOGA Tenley</p>	<p>9:30-10:30 AM</p> <p> SPINNING INTERVAL Lori</p>	<p>10:45-11:30 AM</p> <p> Silver Sneakers YOGA Tenley</p>	<p>9:30-10:30 AM</p> <p> SPINNING INTERVAL Lisa</p>	<p>9:30-10:30 AM</p> <p> SPINNING STRENGTH Anna</p>	<p>8:30-9:30 AM</p> <p> Barre BARRE-FIT Lisa</p>
<p>9:30-10:30 AM</p> <p> YOGA Michelle</p>	<p>11:45-12:30 PM</p> <p> Silver Sneakers YOGA Tenley</p>	<p>9:30-10:30 AM</p> <p> COUNTRY HEAT Tenley</p>	<p>11:45-12:30 PM</p> <p> Silver Sneakers YOGA Tenley</p>	<p>9:30-10:30 AM</p> <p> PiYO Tenley</p>	<p>9:30-10:30 AM</p> <p> KICKBOXING Amy</p>	<p>9:30-10:30 AM</p> <p> RIPPED Amy</p>
<p>11:00-11:45 AM</p> <p> Silver Sneakers CIRCUIT TENLEY</p>	<p>12:45-1:45 PM</p> <p> BALLROOM DANCE Michelle</p>	<p>11:15-12:00 PM</p> <p> Silver Sneakers CLASSIC Lisa</p>	<p>12:45-1:45 PM</p> <p> BALLROOM DANCE Michelle</p>	<p>10:45-11:30 AM</p> <p> Silver Sneakers CIRCUIT Tenley</p>	<p>10:30-11:30 AM</p> <p> SPINNING ALL-TERRAIN Brooke</p>	
	<p>4:30-5:00 PM</p> <p> UPPER BODY SCULPT Lisa</p>	<p>12:30-1:30PM</p> <p> YOGA FLOW Meghan</p>	<p>5:00-6:00 PM</p> <p> Barre FIT-BARRE Lisa</p>	<p>11:45-12:30 PM</p> <p> Silver Sneakers CLASSIC Tenley</p>	<p>10:30-11:30 AM</p> <p> YOGA Michelle</p>	
	<p>5:00-5:30 PM</p> <p> POP PILATES Lisa</p>					
<p>5:30-6:30 PM</p> <p> SPINNING INTERVAL Diane</p>	<p>5:30-6:00 PM</p> <p> BUTTS AND GUTS Amy</p>		<p>5:45-6:45 PM</p> <p> SPINNING INTERVAL Lori</p>			
<p>5:30-6:30 PM</p> <p> GROUP POWER Betty</p>	<p>6:00-7:00 PM</p> <p> SPINNING STRENGTH Amy</p>	<p>6:00-7:00 PM</p> <p> RIPPED Janice</p>				
<p>6:35-7:35 PM</p> <p> KICKBOXING Diane</p>	<p>6:00-6:55 PM</p> <p> ZUMBA Amy</p>	<p>6:00-7:00 PM</p> <p> SPINNING Chrystal</p>	<p>6:00-7:00</p> <p> REFIT REVOLUTION Keely</p>			
	<p>7:00-8:00 PM</p> <p> RIPPED Amy</p>	<p>7:00-8:00 PM</p> <p> YOGA Michelle</p>	<p>7:00-8:00</p> <p> RUMBLE THE MAXIMUM CARDIO MMA WORKOUT Amy</p>			



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CLUB HOURS

Mon-Thurs	5am- 11:30pm
Friday	5am-9pm
Saturday	7am-8pm
Sunday	8am-8pm

PLAYROOM HOURS

Mon-Thurs	8am-12pm 5pm-8pm
Friday	8am-12pm
Saturday	8:30am-1pm
Sunday	Closed

Group Fitness Director- Amy Wilson

awilson@athleticclubs.org
Nationally Certified Instructor
Certified R.I.P.E.D. Master Trainer

All Spinning classes are in the upstairs cycling studio.

All other classes are in the downstairs studio.

www.louisvilleathleticclub.com