



Louisville Athletic Club-Jtown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30-6:30 AM</b> <b>INDOOR CYCLING</b> <b>FREESTYLE</b> Brooke	<b>9:30-10:30 AM</b> <b>GROUP POWER</b> Tenley	<b>5:30-6:30 AM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Anna	<b>9:30-10:30 AM</b> <b>GROUP POWER</b> Tenley	<b>5:30-6:30 AM</b> <b>INDOOR CYCLING</b> <b>FREESTYLE</b> Brooke	<b>8:30-9:30 AM</b> <b>GROUP POWER</b> Lisa	<b>8:30-9:30 AM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Dean
<b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Dean	<b>10:45-11:30 AM</b>  <b>Silver Sneakers</b> <b>YOGA</b> Tenley	<b>7:00AM-8:00AM</b>  <b>YOGA FLOW</b> Meghan	<b>10:45-11:30 AM</b>  <b>Silver Sneakers</b> <b>YOGA</b> Tenley	<b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Lisa	<b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Anna	<b>8:30-9:30 AM</b> <b>Barre</b> <b>BARRE-FIT</b> Lisa
<b>9:30-10:30 AM</b>  <b>YOGA</b> Michelle	<b>11:45-12:30 PM</b>  <b>Silver Sneakers</b> <b>YOGA</b> Tenley	<b>9:30-10:30 AM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Lori	<b>11:45-12:30 PM</b>  <b>Silver Sneakers</b> <b>YOGA</b> Tenley	<b>9:30-10:30 AM</b>  <b>PiYO</b> Tenley	<b>9:30-10:30 AM</b>  <b>KICKBOXING</b> Amy	<b>9:30-10:30 AM</b>  <b>RIPPED</b> Amy
<b>11:00-11:45 AM</b>  <b>Silver Sneakers</b> <b>CIRCUIT</b> TENLEY	<b>12:45-1:45 PM</b>  <b>BALLROOM DANCE</b> Michelle	<b>9:30-10:30 AM</b>  <b>ZUMBA gold</b> Tenley	<b>12:45-1:45 PM</b>  <b>BALLROOM DANCE</b> Michelle	<b>10:45-11:30 AM</b>  <b>Silver Sneakers</b> <b>CIRCUIT</b> Tenley	<b>10:30-11:30 AM</b> <b>INDOOR CYCLING</b> <b>FREESTYLE</b> Brooke	<b>10:30-11:30 AM</b>  <b>YOGA</b> Michelle
<b>5:30-6:30 PM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Diane	<b>4:30-5:00 PM</b>  <b>UPPER BODY SCULPT</b> Lisa	<b>11:15-12:00 PM</b>  <b>Silver Sneakers</b> <b>CLASSIC</b> Lisa	<b>5:00-6:00 PM</b> <b>Barre</b> <b>FIT-BARRE</b> Lisa	<b>11:45-12:30 PM</b>  <b>Silver Sneakers</b> <b>CLASSIC</b> Tenley	<b>Upcoming FTP Classes</b> Take a Functional Threshold Power (FTP) Class to receive your exact individual FTP score. Once you establish your score the Coach by Color training zones will be calibrated accurately to you and you can measure your progress!  <b>Scheduled FTP Classes</b> FTP Classes will resume July 2019	
<b>5:30-6:30 PM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Diane	<b>5:00-5:30 PM</b>  <b>POP PILATES</b> Lisa	<b>6:00-7:00 PM</b>  <b>RIPPED</b> Janice	<b>5:45-6:45 PM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Lori	<b>DOWNLOAD OUR FREE APP</b> Download on the App Store Download from Google Play Follow us on Instagram Follow us on Facebook		
<b>5:30-6:30 PM</b> <b>GROUP POWER</b> Betty	<b>5:30-6:00 PM</b>  <b>BUTTS AND GUTS</b> Amy	<b>6:00-7:00 PM</b>  <b>RIPPED</b> Janice	<b>6:00-7:00 PM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Mary	<b>CLUB HOURS</b> Mon-Thurs 5am- 11:30pm Friday 5am-9pm Saturday 7am-8pm Sunday 8am-8pm		
<b>6:35-7:35 PM</b>  <b>KICKBOXING</b> Diane	<b>6:00-7:00 PM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Amy	<b>6:00-7:00 PM</b> <b>INDOOR CYCLING</b> COACH BY <b>COLOR</b> Mary	<b>6:00-7:00 PM</b>  <b>REFIT REVOLUTION</b> Keely	<b>PLAYROOM HOURS</b> Mon-Thurs 8am-12pm 5pm-8pm Friday 8am-12pm Saturday 8:30am-1pm Sunday Closed		
<b>6:00-6:55 PM</b> <b>ZUMBA</b> Jaime/Sheila	<b>7:00-8:00 PM</b>  <b>RIPPED</b> Amy	<b>7:00-8:00 PM</b>  <b>YOGA</b> Michelle	<b>7:00-8:00 PM</b>  <b>20/20/20</b> Amy	<b>Group Fitness Director- Amy Wilson</b> <a href="mailto:awilson@athleticclubs.org">awilson@athleticclubs.org</a> Nationally Certified Instructor Certified R.I.P.P.E.D. Master Trainer		
All cycling classes are in the upstairs cycling studio. All other classes are in the downstairs studio. <a href="http://www.louisvilleathleticclub.com">www.louisvilleathleticclub.com</a>						