

NOVEMBER 18TH-24TH THEME WEEK SCHEDULE

MON	TUE	WED	THU	FRI	SUN					
Strength & Sweaters Lift30 9:30 - 10:00 AM Janae	Shawn vs. Camila LUCycle 7:00 - 7:50 AM Jack J	Advanced Choreo LUCycle 10:00 - 10:50 AM Renata	Wake and Drake Intervals & Arms 7:00 - 7:50 AM Sophia	Advanced Choreo LUCycle 10:00 - 10:50 AM Renata	Yoga 10:00 - 10:50 AM Anna					
Autumn & All Too Well LUCycle 12:00 - 12:50 PM Erin	Total Body Circuits 8:00 - 8:50 AM Josie	Lift50 4:00 - 4:50 PM Kylie	Power Flow Yoga 7:00 - 7:50 AM Jack F	Latin LUCycle 12:00 - 12:50 PM Lexi	Strength & Sweaters Lift30 11:30 - 12:00 PM Janae					
Yoga 4:00 - 4:50 PM Anna	Taylor vs Lana LUCycle 8:00 - 8:50 AM Rachel	LUCycle 4:00 - 4:50 PM Bella	Total Body Circuits 8:00 - 8:50 AM Josie	2014 Pop LUCycle 3:00 - 3:50 PM Paige	LUCycle 4:00 - 4:50 PM Mereya					
Lift50 5:00 - 5:50 PM Alaina	Latin LUCycle 11:00 - 11:50 AM Lexi	Tyler vs Kenrdick Lift50 5:00 - 5:50 PM Mya	Chappell Roan LUCycle 11:00 - 11:50 AM Paige	Pilates 4:00 - 4:50 PM Emma W	Olivia Rodrigo Ride LUCycle 7:00 - 7:50 PM Presley					
Turkey Trot LUCycle 5:00 - 5:50 PM Natalie	Pilates 12:00 - 12:50 PM Gillian	2010s Club LUCycle 5:00 - 5:50 PM Taylor	Lift50 4:00 - 4:50 PM Emma F	Strength & Sweaters Lift30 5:00 - 5:30 PM Janae	Vinyasa Flow Yoga 7:00 - 7:50 PM Serena					
Boxing Conditioning (Taylor's Version) 5:00 - 5:50 PM Libby	Meditation 4:00 - 4:50 PM Kaden	Lift50 6:00 - 6:50 PM Emma W	Lift50 5:00 - 5:50 PM Kylie	Clairo Yoga 5:00 - 5:50 PM Anna	Pilates 8:00 - 8:50 PM Gillian					
Lift50 6:00 - 6:50 PM Emma W	LUCycle 5:00 - 5:50 PM Mereya	Advanced Choreo LUCycle 6:00 - 6:50 PM Emily	Sabrina Carpenter LUCycle 5:00 - 5:50 PM Presley	<table border="1"> <tr> <td rowspan="2">KEY</td> <td>HRC 1/LIFT50 (Weight Room)</td> </tr> <tr> <td>Cycle</td> </tr> <tr> <td></td> <td>HRC 2</td> </tr> </table>	KEY	HRC 1/LIFT50 (Weight Room)	Cycle		HRC 2	
KEY	HRC 1/LIFT50 (Weight Room)									
	Cycle									
	HRC 2									
Zedd LUCycle 6:00 - 6:50 PM Jack J	Ariana Grande Total Body Circuits 5:00 - 5:50 PM Molly	Barre 6:00 - 6:50 PM Gillian	Grammy Nominations Total Body Circuits 5:00 - 5:50 PM Molly							
Barre 6:00 - 6:50 PM Gillian	Powerful Woman Lift50 6:00 - 6:50 PM Mya	A Taylor Swift Thanksgiving LUCycle 7:00 - 7:50 PM Natalie	Lift50 6:00 - 6:50 PM Emma F							
Lift50 7:00 - 7:50 PM Emma F	Red vs. Reputation (TV) Advanced Choreo LUCycle 6:00 - 6:50 PM Sophie	Lemonade Mouth Boxing Conditioning 7:00 - 7:50 PM Libby	Billie Concert Advanced Choreo LUCycle 6:00 - 6:50 PM Renata							
WERQ 7:00 - 7:50 PM Izzie	Vinyasa Flow Yoga 6:00 - 6:50 PM Elena	Taylor vs Lana LUCycle 8:00 - 8:50 PM Rachel	Zumba 6:00 - 6:50 PM Paige B							
LUCycle 8:00 - 8:50 PM Bella	Lift50 7:00 - 7:50 PM Emma F	WERQ 8:00 - 8:50 PM Izzie	Lift50 7:00 - 7:50 PM Alaina							
Advanced Vinyasa Flow Yoga 8:00 - 8:50 PM Serena	Charli XCX vs Lorde Advanced Choreo LUCycle 7:00 - 7:50 PM Sophie		80s Disco LUCycle 7:00 - 7:50 PM Taylor							
Meditation 9:00 - 9:30 PM Serena	Tonilates 7:00 - 7:50 PM Jenn		Vinyasa Flow Yoga 7:00 - 7:50 PM Mehr							
	GLOW LUCycle 8:00 - 8:50 PM Sophia		Advanced Choreo LUCycle 8:00 - 8:50 PM Sophie							
	Pilates 8:00 - 8:50 PM Emma W		Tonilates 8:00 - 8:50 PM Jenn							
	Recovery Stretch Yoga 9:00 - 9:50 PM Serena									

PLEASE LINE UP OUTSIDE OF THE FITNESS STUDIO BEFORE ENTERING!

FOLLOW US ON INSTAGRAM!
@LUC_GFIT

 = Themed Class

NO GFIT NOV 25-DEC 1