



VIRTUAL GROUP FITNESS / STUDIO D SCHEDULE

Weekend LCC Live Classes vary. See Group Fitness Schedule for more info!

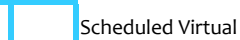
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:25a-6:36a Yoga Stretch 6:45a-8:15a Open Virtual 8:25a-8:41a FLOW Stretch 9a-9:24a Yoga for Energy 9:30a-9:47a Yoga Kids 10a-12p Open Virtual 12p-12:20p Stong by Zumba 12:30p-4:30p Open Virtual 4:30p-4:52p Zumba Blitz 5:30p-6:30p Yoga Flow Foundations 6:45p-7:35p Army Boot Camp 8:00p-9p Open Virtual	6a-6:33a 21 Day Fix Extreme 6:34a-6:44a Stretch 7a-7:09a Standing Cardio 7:09a-7:14a Standing Yoga 7:30a-9:15a Open Virtual 10a-12p Open Virtual 12:15p-12:41p HIIT it w/ weights 12:45-4:45p Open Virtual 5p-6p Yoga Barre 6:15p-6:43p Move it! Hip-Hop 6:43p-7:16p Killer Abs 1 7:17p-9p Open Virtual	6:30a-6:41a Yoga Stretch 6:45a-8:45a Open Virtual 8:45a-8:57a Yoga Kids 9:15a-10a Beginner Circuit 10:05a-10:25a Pilates PLUS 10:30a-12:15p Open Virtual 12:15p-12:48p Turbo Kick LIVE 1:00p-3:30p Open Virtual 3:45p-4:45p Yoga 5pm-6pm Yoga 6:05p-6:14p Sculpt: Killer Arms 6:15p-6:41p Abs & Booty Burn 7p-7:26p Meditation Basics 7:30p-9p Open Virtual	5:35a-6:25a Pilates w/ Kick 6:30a-6:46a Abs/Core Burn 7a-9:15a Open Virtual 9:45a-10:03a Senior Strength 10:05a-2:35p Open Virtual 2:45p-3:02p Senior Cardio 3:10p-3:40p Open Virtual 3:45p-4:10p HIIT: Zero Impact 4:30p-4:47p SoulBody Barre 5:15p-6:35p Ballet 7p-7:31p Lorde Boxing 7:32p-9pm Open Virtual	5:45a-6:15a Metabolic Power HIIT 6:16a-6:26a Stretch 6:30a-7:19a Rise & Shine Yoga 7:25a-8:25a Open Virtual 8:30a-9:30a Power Vinyasa Yoga 9:40a-11:55p Open Virtual 12p-12:22p Zumba Blitz 12:28p-4:58p Open Virtual 5p-5:23p Barre Power 1 5:30p-6:30p Open Virtual 6:40p-7:18p PiYo Sweat 7:30p-9p Open Virtual	7:15a-7:41a HIIT it w/ weights 7:42a-7:57a Post w/o stretch 8a-8:34a 21 Day Fix Pilates 9a-10a Yoga or other LCC Class 10a-10:18a Boris the Tiger 10:30a-10:47a Mabu the Monkey 11a-11:53a Taste of Yoga 11:59a-3:59p Open Virtual 4p-4:24p Beginner Shred 4:30p-7p Open Virtual	8a-8:30a Xtreme Burn HIIT30 8:31a-9:03a 30 Well Balanced Flow 9:15a-9:23a Senior Strength Seated leg w/o 9:25a-12:10p Open Virtual 9:30a-9:47a DJ FIN 10:00a-12:15p Open Virtual 12:15p-12:49p One Week Shred 1p-1:26p Energy & Endurance 1:30-4p Open Virtual 4p-4:53p Insanity LIVE 5p-5:34p Moon Salutation



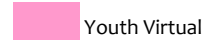
Virtual



Open Virtual



Scheduled Virtual



Youth Virtual



LCC Live Class

