



DECEMBER 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
▶ 5:30a-8:30a Open Virtual ▶ 8:30a-8:52a Zumba Blitz ▶ 9a-9:16a FLOW Mobility ▶ 9:30a-11:45a Open Virtual ▶ 12p-12:20p Stong by Zumba ▶ 12:30p-5:30p Open Virtual 5:30p-6:30p Power Vinyasa Yoga ▶ 6:45p-7:03p Beginner Burn Lower Body ▶ 7:05p-9p Open Virtual	▶ 5:30a-6:34a Detox Flow Yoga ▶ 6:35a-8:50a Open Virtual ▶ 9a-9:42a Killer Buns & Thighs ▶ 9:45a-12p Open Virtual ▶ 12p-12:34p Transform Express ▶ 12:40-4:40p Open Virtual 5p-6p Yoga Barre 6:30a-7:30a Mindfulness Yoga ▶ 7:45p-9p Open Virtual	▶ 5:45a-6:31a Kick'n Circuit ▶ 6:35a-8:50a Open Virtual 9:05a-10:05a Beginner Circuit ▶ 10:10a-10:28a Mabu the Monkey ▶ 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 ▶ 6:45p-9p Open Virtual	▶ 5:35a-6:25a Pilates w/ Kick ▶ 6:30a-6:46a Abs/Core Burn ▶ 7a-9:45a Open Virtual ▶ 9:45a-10:03a Senior Strength ▶ 10:05a-2:35p Open Virtual ▶ 2:45p-3:02p Senior Dance ▶ 3:10p-3:40p Open Virtual ▶ 3:45p-4:10p HIIT: Zero Impact ▶ 4:15p-4:33p SoulBody Barre ▶ 4:45p-5:04p DJ FIN 5:15p-6:35p Ballet ▶ 6:45p-7:12p Martial Arts 7:15p-7:36p BOXX Full Body ▶ 7:45p-9pm Open Virtual	5:30p-6:15p Power, Speed & HIIT ▶ 6:16p-6:27a Yoga 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 ▶ 12:25p-4:55p Open Virtual ▶ 5p-5:47p HIIT Upper Body ▶ 6p-6:38p PiYo Sweat ▶ 6:45p-9:00p 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 ▶ 10:15a-10:32a Dino Yoga ▶ 10:45a-11:22a Core de Force ▶ 11:24a-11:36a Post w/o Yoga ▶ 11:45p-3:45p Open Virtual ▶ 4p-4:24p Beginner Shred ▶ 4:30p-7p Open Virtual	▶ 8a-10:15a Open Virtual ▶ 10:30a-10:50a Strong by Zumba ▶ 11a-11:20a Athletic Yoga for flexibility ▶ 11:30a-1p Open Virtual ▶ 1p-1:26p Energy & Endurance ▶ 1:30-4p Open Virtual ▶ 4:00p-4:53p Insanity LIVE ▶ 5p-5:34p Moon Salutation

▶ Virtual

Open Virtual

Scheduled Virtual

Youth Virtual

LCC Live Class

