



LA GRANGE FITNESS

LA GRANGE FITNESS GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycle 5:30AM-6:15AM Mandy Gymnasium	Full Body Strength 5:30AM-6:15AM Mandy RM 111	Indoor Cycle 5:45AM-6:30AM Mindy/Michelle Gymnasium	Full Body Strength 5:45AM-6:30AM Halle RM 111	Cardio Sculpt 6:00AM-6:45AM Michelle RM 111	Indoor Cycle 7:00AM-7:45AM Mindy/Mandy Gymnasium	Zumba 8:30AM-9:15AM Maria RM 111
Indoor Cycle 8:00AM-8:45AM Freya Gymnasium	Cardio Sculpt 8:30AM-9:15AM Halle RM 111	Indoor Cycle 8:00AM-8:45AM Julie Gymnasium	Pilates* 8:45AM-9:30AM Julie RM 111	Indoor Cycle 8:30AM-9:15AM Freya Gymnasium	Butts & Guts Express* 8:00AM-8:30AM Mindy/Mandy RM 108	Down To Core 9:30AM-10:15AM Michelle RM 111
Full Body Strength 9:15AM-10:00AM Freya RM 108	Pilates Express* 10:40AM-11:10AM Julie RM White Sox	Strength Core & Balance* 8:50AM-9:35AM Janny RM 111	Strength & Conditioning 9:45AM-10:30AM Julie RM 110	Yoga* 9:30AM-10:15AM Freya RM 111	Boot Camp 8:30AM-9:15AM Bella RM 111	
Full Body Strength 5:30PM-6:15PM Michelle RM 111	Muscles & Motion 11:15AM-12:00PM Julie RM 111	Yoga* 9:50AM-10:35AM Theresa RM 111	Muscles & Motion 10:45AM-11:30AM Julie RM 111		Yoga 11:30AM-12:15PM Marianne RM 113	
Tabata™* 6:30PM-7:15PM Bella RM 111	Strength & Conditioning 5:30PM-6:15PM Michelle/Mindy RM 111	Sculpt & Abs 6:00PM-6:45PM Cinthia RM 108	Yoga 6:30PM-7:15PM Anne/Barb/Marie RM 108			
	Zumba 6:30PM-7:15PM Maria RM 111					

Fitness Class Key
Strength
Cycle
Yoga
Pilates
Cardio
Combo
Zumba

Sign up for classes is available onsite at La Grange Fitness 30 minutes prior to class. First come, first serve.



GROUP FITNESS CLASSES

LA GRANGE FITNESS HOURS
 MONDAY-THURSDAY 5AM-9PM
 FRIDAY 5AM-7PM
 SATURDAY 6AM-3PM
 SUNDAY 7AM-1PM

Updated 9/21/2022

*Represents Change

Class format subject to change without notice

Classes must meet a minium of 4 participants over 4 weeks to remain on the schedule