



terrabella

group fitness schedule

EFFECTIVE JANUARY 8TH 2024

MONDAY

8:30 am TRAINING CAMP** Erica (50 min)
 12:00 pm INTERVAL TRAINING Morgan (45 min)
 5:30 pm POWERSTRIKE Erica (30 min)
 6:00 pm METABOLIC STRENGTH Erica (30 min)

TUESDAY

5:15 am BODY PUMP Angi (55 min)
 4:30 pm STRENGTH TRAINING Morgan (40min)
 5:30 pm BODY COMBAT Erica (55min)

WEDNESDAY

8:30 am TRAINING CAMP** Erica (50 min)
 12:00 pm STRENGTH TRAINING Erica (45 min)
 5:30 pm TBC Erica (30 min)
 6:00 pm SLAMS, SWINGS, ABS Erica (30 min)

THURSDAY

5:15 am BODY PUMP Angi (55 min)
 12:00 pm KICKBOX & STRENGTH Erica (45min)
 5:30 pm CARDIO STRENGTH CIRCUIT Morgan (50 min)

FRIDAY

12:00 pm POWERSTRIKE Erica (45 min)

SATURDAY

9 am BODY COMBAT Erica (55 min)

SUNDAY

9:30 am ROTATION
 Formats and instructors will be posted on the member app

** Training Camp is a separate fee and membership from GF classes

FOR MORE CLASS INFORMATION PLEASE VISIT:

WWW.LUNAFITNESS.NET

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