



group fitness schedule

EFFECTIVE JANUARY 30TH

MONDAY

8:30 am TRAINING CAMP** Erica (50)
 12:00 pm CARDIO STRENGTH CIRCUIT Morgan (45)
 5:30 pm TBC Erica (50)
 6:30 pm BODY PUMP Amanda (55)

TUESDAY

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

WEDNESDAY

8:30 am TRAINING CAMP** Erica (50)
 12:00 pm STRENGTH TRAINING Erica (45)
 5:30 pm POWERSTRIKE Erica (50)

THURSDAY

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

FRIDAY

12:00 pm POWERSTRIKE Erica (45)
 5:00 pm WEEKLY WIND DOWN YOGA Denise (60)

SATURDAY

9 am BODY COMBAT Erica (55)

SUNDAY

10 am POP UP CLASSES
 Dates and times will be posted on 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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