



## group fitness schedule

EFFECTIVE JANUARY 3RD 2023

### 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

5:45 am BODY PUMP Melissa (45)  
 4:30 pm STRENGTH TRAINING Morgan (40)  
 5:30 pm BODY COMBAT Erica & Melissa (55)

### WEDNESDAY

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

### THURSDAY

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

### FRIDAY

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

### SATURDAY

9 am BODY COMBAT  
 Erica & Melissa (55)

### SUNDAY

10 am BODY PUMP Melissa (55)

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

FOR MORE CLASS INFORMATION PLEASE VISIT:  
**WWW.LUNAFITNESS.NET**

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