



Group Exercise Schedule

Pine Bluff Wellness Center

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	BODY PUMP	RPM	BODY PUMP		RPM	
10:00 AM	SUPER SENIORS		SUPER SENIORS			
12:00 PM		BODY PUMP	BODY FLOW	BODY PUMP		
4:30 PM		BODY STEP	RPM			
5:00 PM	LES MILLS CORE			ZUMBA		
5:30 PM	BODY PUMP	BODY FLOW	BODY PUMP			

White Hall Wellness Center

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	RPM	BODY PUMP		RPM		
9:00 AM						Rotating Schedule
12:00 PM	BODY PUMP		RPM			
4:30 PM	LES MILLS TONE	BODY PUMP	BODY FLOW FLEXIBILITY	RPM		
5:00 PM						
5:30 PM				BODY FLOW		