

Gigi's Group Fitness Schedule (Jan. 31st - April 24th)

Gigi's Fitness

4429 Nelson Rd
Lake Charles, LA 70605
(337)474-6601

www.gigisfitnesscenters.com

Hours of Operation:
Monday-Friday:
5am-9pm

Saturday: 8am-5pm
Sunday: 9am-5pm

Child Care Hours

Mon-Sat Morning
8am-12pm

Mon-Thurs Afternoon
3pm-8pm

Friday Afternoon
3pm-7pm

Day	Time	Class	Instructor	Length	Sub
Monday	5:15 am	Spin	Ellen/Julie	45 min	
	8:05 am	Body Step	Kristin	50 min	
	8:10 am	Spin	Chrissy	45 min	
	9:00 am	Body Pump	Sister/Kristin	60 min	
	10:05 am	>50 20/20	CynDee	45 min	
	12:05 pm	Reformer Definition	Damien	45 min	
	4:20 pm	Pilates	Colleen	50 min	
	5:30 pm	Body Step	Becky	50 min	
	5:30 pm	Spin	Craig	45 min	
	6:30 pm	Reformer Definition	Ellen	50 min	
Tuesday	8:05 am	Fat Attack	Chrissy	45 min	
	9:00 am	Pilates	Damien	50 min	
	10:05 am	>50 Standing Strong	CynDee	45 min	
	12:05 pm	MVe Perfect Pair	CynDee	45 min	
	5:30 pm	Spin	Debbie / Cara	45 min	
	6:30 pm	MVe Chair Challenge	Ellen	50 min	
Wednesday	5:15 am	Spin	Debbie	45 min	
	6:00 am	Pilates	Debbie	50 min	
	8:05 am	Body Pump	CynDee	50 min	
	9:00 am	Reformer	Debbie	50 min	
	9:15 am	Spin	Ellen	45 min	
	10:05 am	>50 Body Step	CynDee	45 min	
	12:05 pm	Reformer Definition	Damien	45 min	
	4:45 pm	Spin Express	Cara	30 min	
	5:25 pm	Body Pump	Colleen	60 min	
	6:30 pm	Reformer Definition	Deanne/Debbie	50 min	
Thursday	5:15 am	Body Pump	Ellen	60 min	
	8:05 am	Circuit City	CynDee	45 min	
	8:10 am	Spin	Deanne	45 min	
	9:00 am	Pilates	Deanne	50 min	
	10:05 am	>50 Fat Attack	CynDee	45 min	
	12:05 pm	MVe Perfect Pair	Damien	45 min	
	5:30 pm	Spin	Sheilah	45 min	
	5:30 pm	Skills & Drills	Becky	45 min	
	6:30 pm	Body Flow	Ellen	50 min	
Friday	5:15 am	Spin	Sister	45 min	
	8:05 am	Steppin in Style	CynDee	50 min	
	8:10 am	Spin	Chrissy	45 min	
	9:00 am	Body Pump	Kristin	60 min	
	10:05	>50 Circuit City	CynDee	45 min	
	11:00 am	Reformer Definition	Damien	45 min	
	5:30 pm	Body Pump	Sheilah	60 min	
Saturday	8:15 am	Spin	Julie	45 min	
	9:15 am	Body Flow	Debbie/Ellen	50 min	
Sunday	2:45 pm	Spin	Sister	45 min	
	3:30 pm	Body Pump	Sister	60 min	

Revised 1-31-10