



GROUP EXERCISE STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45 Bootcamp Katie H	5:45 - 6:45 Bootcamp Katie H	5:45-6:45 Bootcamp Nicholas	5:45-6:45 Bootcamp Yvette	5:45-6:45 Bootcamp Danielle S		
				7:00 - 7:45 Nonstop Keegan	8:00 - 9:00 BODYCOMBAT Ali	8:30-9:30 Power Sculpt Molly
	8:30-9:15 Tabata Express Keegan	9:00-10:00 Tabata Combo Keegan		9:15-10:15 YAH Total Body Fusion Cathy C		9:40-10:40 Step Revival Molly
	9:30-10:30 BODYPUMP™ Leigha	10:00-11:00 Tai Chi Eric	9:30-10:30 BODYPUMP™ Leigha	10:50-11:20 CXWORX™ Geraldine		
10:30-11:30 BODYPUMP™ Katie G	10:45-11:45 Mitana Elizabeth	11:00-12:00 Essentrics TD	10:45-11:45 Zumba™ Jim	11:25-11:55 Performance 30 Geraldine	10:45-11:45 Zumba™Step TD	10:50-11:50 BODYPUMP™ TD
12:00 - 1:00 Zumba™Step TD	12:00-1:00 BODYPUMP™ Jackie	12:00-1:00 Mitana Elizabeth		12:00-1:00 BODYPUMP™ Geraldine	12:00-1:00 BODYPUMP™ Lorry	12:00-1:00 Zumba™ Rita
1:15-2:15 Essentrics TD						
		5:30-6:30 BODYPUMP™ Katie G	5:45-6:45 Dance: Hip Hop Cedric			
6:00-7:00 BODYPUMP™ Nicholas	6:00-7:00 Functional Strength Kim Stevens					