

GROUP EXERCISE SCHEDULE

EFFECTIVE SEPTEMBER 1st to 15th, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30-7:30 BIKINI BOOT CAMP Linda	7:00-8:00 YOGA Kumar	6:30-7:30 INTERVAL CHALLENGE Carolyn		8:30-9:30 SPINNING Alternate <i>Spinning Studio</i>	4 th Anna 11 th Greg 18 th Anna 25 th Greg
9:30-10:30 BODY SCULPT/ *PUMP Lesley	9:30-10:30 HATHA YOGA Mia	9:30-10:25 CARDIO SCULPT Tracey	9:30-10:30 PILATES Fahmida	9:30-10:30 SUPER SCULPT/ *PUMP Luda		9:30-10:25 BODY SCULPT/ *PUMP Carolyn
9:30 - 10:30 SPINNING Tracey <i>Spinning Studio</i>		9:30 - 10:30 SPINNING Anna <i>Spinning Studio</i>	10:30-11:30 ZUMBA Sarena	9:30 - 10:30 SPINNING Anna <i>Spinning Studio</i>	9:30-10:25 CARDIO CRUNCH Varissa	9:30-10:30 SPINNING Joy <i>Spinning Studio</i>
		10:30-11:30 BODY SCULPT/ *PUMP Luda		10:30-11:30 HATHA YOGA Lesley	10:30-11:25 SUPER SCULPT/ *PUMP Varissa	10:30-11:30 ASHTANGA YOGA Shehla
				5:30-6:30 VINYASA: PRANA FLOW YOGA Jodi	11:30-12:30 PILATES Marie	
6:00-6:55 SPINNING Joy <i>Spinning Studio</i>	6:00-6:55 CARDIO BOOT CAMP & ABS Tricia	6:00-7:00 SPINNING Greg <i>Spinning Studio</i>	6:00-7:00 BODY SCULPT Dawna			
6:00-6:55 BODY SCULPT/ *PUMP Varissa		6:00-6:55 CARDIO PUMP Varissa			<u>CHANGES TO SCHEDULE</u> NEW CLASS SCHEDULE ON SEPTEMBER 16th	
7:00-8:30 DYNAMIC YOGA Nash	7:00-8:00 ZUMBA Andrea	7:00-8:00 PILATES Stephanie	SHE'S BACK			

CLASS DESCRIPTIONS ON THE BACK

Monday to Friday

9:00am - 1:00pm

4:30pm - 8:00pm

Saturday

8:30am - 1:00pm

Sunday

9:00am - 1:00pm

