

GROUP EXERCISE SCHEDULE

MONDAY JANUARY 30th – SUNDAY FEBRUARY 26th, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:30-7:30 BIKINI BOOT CAMP Linda	7:00-8:00 RESTORATIVE YOGA Kumar	6:30-7:30 INTERVAL CHALLENGE Carolyn	6:30-7:30 SPINNING Deirdre <i>Spinning Studio</i>	8:30-9:30 SPINNING Greg/Fern <i>Spinning Studio</i>	8:30-9:30 SPINNING Joy <i>Spinning Studio</i>
9:30-10:30 SPINNING Deirdre <i>Spinning Studio</i>	9:30-10:25 BOOTCAMP Daryl	9:30-10:25 CARDIO SCULPT Helen	9:30-10:30 VINYASA: PRANA FLOW YOGA Jodi	9:30-10:25 SUPER SCULPT/ *PUMP Tanja	9:35-10:35 SPINNING Greg/Fern <i>Spinning Studio</i>	9:35-10:35 SPINNING Joy <i>Spinning Studio</i>
9:30-10:30 BODY SCULPT/ *PUMP Lesley		9:30 – 10:30 SPINNING Anna <i>Spinning Studio</i>		9:30 – 10:30 SPINNING Anna <i>Spinning Studio</i>	9:30-10:25 CARDIO CRUNCH Varissa	9:30-10:25 BODY SCULPT/ *PUMP Helen/Carolyn
10:30-11:30 PILATES Lori	10:30-11:30 HATHA YOGA Ariel	10:30-11:30 SUPER SCULPT/ *PUMP Tanja	10:35-11:35 LATIN FUSION Patrick	10:30-11:30 HATHA YOGA Ariel	10:30-11:25 BODY SCULPT/ *PUMP Varissa	10:30-12:00 ASHTANGA YOGA Shehla
					11:30-12:30 PILATES Marie	12:05-1:05 ZUMBA Mariolga
	6:00-6:55 CARDIO PUMP Varissa	6:00-6:45 & 6:50-7:35 SPINNING Greg x 2 <i>Spinning Studio</i>	6:00-6:55 BODY SCULPT Dawna	5:30-7:00 VINYASA: PRANA FLOW YOGA Jodi	11:30-12:30 INTRO TO SPIN Joy	
6:00-6:55 BODY SCULPT/ *PUMP Varissa	6:00-7:00 SPINNING Deirdre <i>Spinning Studio</i>	6:00-6:55 DANCE PARTY Acky	6:10-6:55 YO-GO (45 min Spin) Fern		CHANGES TO SCHEDULE One Class: Intro to Spin/Joy Sat Feb 25 th 11:30am Double Class: Spinning/Joy Sun 8:30am & 9:30	
7:00-8:30 DYNAMIC YOGA Nash	7:00-8:00 ZUMBA Mariolga	7:00-8:00 PILATES Lori	7:00-7:45 YO-GO (45 min Yoga) Fern			

 4th Greg x2
11th Fern x2
18th Greg x2
25th Fern x2

DOUBLE CLASS

 5th Helen
12th Carolyn
19th Carolyn
26th Carolyn

ONE CLASS
Feb 25th

Monday to Friday 9:00am – 1:00pm
4:30pm – 8:00pm
Saturday 8:30am – 1:00pm
Sunday 9:00am – 1:00pm

