

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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<b>STUDIO ONE</b>						
<b>Cardio Pump</b> 6:00-6:45am / Shannon		<b>Sports Conditioning</b> 6:00-6:45am / Beth		<b>Cardio Pump BOSU</b> 6:00-6:45 am / Beth		
<b>Awesome ABS</b> 6:45-7:00am / Shannon				<b>Awesome ABS</b> 6:45-7:00am / Beth		
	<b>Total Body Conditioning</b> 9:30-10:30am / Joleen		<b>Vantage Power Tone</b> 9:30-10:30am/ Evy		<b>Total Body Conditioning</b> 8:00-8:50am / Bill / Yvonne	
					<b>Step Express</b> 9:00-9:45am / Bill /Yvonne	
					<b>Total Body Conditioning</b> 10:00-11:00am / Shannon	<b>Begin / Inter Yoga</b> 10:30-11:30am
<b>Turbokick</b> 6:15-7:00pm / Shannon	<b>Total Body Conditioning</b> 6:05-6:50pm / Tracey	<b>Zumba</b> 6:00-7:00 pm / Kiki	<b>Total Body Conditioning</b> 6:05-6:50pm / Tracey			
<b>Awesome ABS</b> 7:00-7:15pm / Shannon	<b>Steptacular</b> 7:00-8:00pm	<b>Turbokick</b> 7:00-8:00 pm /Shannon	<b>Zumba</b> 7:00-8:00 pm / Julie			
<b>Total Body Conditioning</b> 7:30-8:30pm / Marina		<b>Awesome ABS</b> 8:00-8:15pm / Shannon				

<b>STUDIO TWO / CYCLE</b>						
	6:15-7:00am / Andrea	7:15-8:00 am / Chilli	6:15-7:00am / Marina	7:15-8:00am / Yvonne		
6:30-7:15pm / Marina		6:30-7:15pm / Sarah			8:30-9:30am / Lucy	9:30-10:15am / Andrea
	6:30-7:15pm / Kristin		6:30-7:15pm / Andrea			

<b>STUDIO THREE / MIND BODY</b>						
<b>Yoga</b> 8:30-9:30am / Stacey		<b>Yoga</b> 8:30-9:30am / Stacey		<b>Yoga</b> 8:30-9:30am / Stacey		
<b>Yoga</b> 6:30-7:30pm / Melanie	<b>ABS &amp; Stretch</b> 7:00-8:00 pm/ Bill	<b>Pilates</b> 7:00-8:00 pm / Stacey	<b>ABS &amp; Stretch</b> 7:00-8:00pm / Bill			