

STUDIO B / FALL 09

GROUP FITNESS SCHEDULE

(REVISED 10/1/09)

TIME	MON	TUE	WED	THU	FRI	
7:00am	Yogalates Rita			Pilates Rita		
8:00am		Yoga 90 Christine				
12:00pm		Cardio Hip Hop 30 Maren		Cardio Hip Hop 30 Maren		
12:30pm	Core Stretch 30 Maren	Core Stretch 30 Maren	Core Stretch 30 Maren	Core Stretch 30 Maren		
3:00pm					Cardio Dance Melissa	
4:15pm	Zumba Gal			Zumba Gal	Fusion Melissa	
5:30pm	Yoga Christine	Define Christos	Outdoor Cross- Training/Core Christos	Kickboxing Andres	Hootcamp Christos	Zumba Lynn
6:45pm	Turbo Kick Lynn	Tuff 'N Up Rita	BOSU Pump Lynn	Core Blast 30 Christos	Pilates Lynn	
8:00pm	Cardio Hip Hop Maren	Yoga Stacee	Cardio Hip Hop Maren	Turbo Kick Lynn		
9:15pm	Capoeira Luis	Capoeira Luis	Night Owl Yoga Rita	Capoeira Luis		

STUDIO A / FALL 09

GROUP FITNESS CYCLING SCHEDULE

TIME	MON	TUE	WED	THU	FRI
10:00am					
12:00pm	Cycle Express Maren		Cycle Express Maren		
5:30pm			Cycle 60 Lynn		
6:30pm				Cycle 60 Jessica	
7:15pm		Cycle 60 Kelly			