

# GROUP FITNESS SCHEDULE

(Effective March 1, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 AM <b>GROUP CYCLE</b> Sarah	5:30 - 6:15 AM <b>TOTAL BODY BLAST</b> Donna	5:30 - 6:15 AM <b>GROUP CYCLE</b> Sarah/Donna	5:30 - 6:15 AM <b>TOTAL BODY BLAST</b> Donna	5:30 - 6:15 AM <b>GROUP CYCLE</b> Donna		
	9:00 - 10:00 AM <b>PUMP IT UP</b> Andrea		9:15 - 10:15 AM <b>VINYASA YOGA</b> Kristy		8:30 - 9:30 AM <b>GROUP CYCLE</b> Liz	
9:15 - 10:15 AM <b>GROUP CYCLE</b> Lynne	9:15 - 10:00 AM <b>GROUP CYCLE</b> Donna	9:15 - 10:15 AM <b>GROUP CYCLE</b> Toni	9:15 - 10:15 AM <b>GROUP CYCLE</b> Andrea	9:15 - 10:00 AM <b>GROUP CYCLE</b> Karen	8:15 - 9:15 AM <b>CARDIO KICKBOXING</b> Tara	9:00 - 10:00 AM <b>GROUP CYCLE</b> Sarah
9:15 - 10:30 AM <b>BOOT CAMP</b> Karen 3/8 - 4/15	10:15 - 11:00 AM <b>TOTAL BODY BLAST</b> Donna	9:15 - 10:15 AM <b>PEAK PHYSIQUE</b> Liz	9:15 - 10:30 AM <b>BOOT CAMP</b> Karen 3/8 - 4/5	9:15 - 10:15 AM <b>CARDIO KICKBOXING</b> Toni	9:15 - 10:15 AM <b>ZUMBA</b> Amanda	10:00 - 11:00 AM <b>GROUP CYCLE</b> Andrea
	10:15 - 11:15 AM <b>GROUP CYCLE</b> Andrea	10:15 - 11:15 AM <b>ZUMBA</b> Roxy		10:15 - 11:00 AM <b>Weight Training</b>	10:30-11:30 AM <b>VINYASA YOGA</b> Kristen	
			5:30 - 6:30 PM <b>GROUP CYCLE</b> Lynne			
6:00 - 7:00 PM <b>GROUP CYCLE</b> Lynne	6:00 - 7:00 PM <b>GROUP CYCLE</b> Andrea	6:00 - 7:00 PM <b>GROUP CYCLE</b> Liz	6:30 - 7:30 PM <b>GROUP CYCLE</b> Andrea			
6:00 - 6:45 PM <b>FITNESS PILATES</b> Tara	5:45 - 6:45 PM <b>VINYASA YOGA</b> Kristy	6:00 - 7:00 PM <b>TOTAL BODY BLAST</b> Frani	6:00 - 7:00 PM <b>POWER HOUR</b> Justin			
7:00 - 8:00 PM <b>CARDIO KICKBOXING</b> Tara	7:00 - 8:00 PM <b>ZUMBA</b> Amanda	7:00 - 8:00 PM <b>CARDIO KICKBOXING</b> Toni	7:00 - 8:00 PM <b>ZUMBA</b> Amanda			