

GROUP EXERCISE STUDIO

EFFECTIVE DATE: JAN 4TH 2016 ▶

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INTERVAL TRAINING 5:45-6:45 JASON MORE BALANCE 8:00- 8:30 JENN STRONG CORE 8:30-9:00 JENN BODYPUMP 9:00-10:00 SUSAN ZUMBA 10:15-11:15 KATHLEEN CARDIO SCULPT 1-2 11:15-12:15 MEG	BOOTCAMP 5:45-6:45 KK BODY POWER 9:00-10:00 MEG TRX SUSPENSION Δ 10:00-11:00 MIDORI	BOOTCAMP 5:45-6:45 JASON ZUMBA 9:15-10:15 MIDORI CARDIO COMBAT FIT 10:15-11:15 NIKKI	BODY POWER 9:15-10:15 TRACY TRX SUSPENSION Δ 10:15-11:15 MIDORI	TRX SUSPENSION Δ 5:45-6:45 MIDORI STEP 9:00-10:00 JUNE ZUMBA 10:00-11:00 KATHLEEN	<div style="background-color: #cccccc; padding: 2px;">MORNING SCHEDULE</div>	
BODYPUMP 4:30-5:30 SUSAN	EXTREME INTERVAL TRAINING 2-3 4:30-5:30 STEVE	STEP 12:15-1:15 JUNE	EXTREME INTERVAL TRAINING 2-3 4:30-5:30 STEVE		<div style="background-color: #cccccc; padding: 2px;">AFTERNOON SCHEDULE</div>	
BOOTCAMP 5:30-6:30 KK U-JAM 6:30-7:30 LAURA	ZUMBA 5:30-6:30 MICHELE BODYPUMP 6:30-7:30 KK	TRX SUSPENSION Δ 5:30-6:30 CHRISTINE CARDIO COMBAT FIT 7:00-8:00 JASON	U-JAM 5:30-6:30 LAURA	CUTTING EDGE MARTIAL ARTS** 6:00-7:00 PRESTON & DEBBIE	<div style="background-color: #cccccc; padding: 2px;">EVENING SCHEDULE</div>	
					1 = BEGINNER 2 = INTERMEDIATE 3 = ADVANCED CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. **REQUIRES AN ADDITIONAL FEE Δ = ADVANCED SIGN-UP REQUIRED	