

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 CYCLE/LUCINDA MULTI-PURPOSE RM.		7:00 - 8:00 CYCLE / LUCINDA MULTI-PURPOSE RM.			7:15 - 8:15 CYCLE/TRACY MULTI-PURPOSE RM.	
	8:00 - 9:00 BOSU LIZ		8:00 - 9:00 BOSU LIZ		8:15 - 9:00 FITASTIC KIDS AEROBIC ROOM W/ MISS JENN	
8:30-9:30 ZUMBA NICOLE	8:30-9:30 CYCLE/TRACY MULTI-PURPOSE RM.	8:15-9:30 CARDIO CHISEL JENN	8:30-9:30 CYCLE/LUCINDA MULTI-PURPOSE RM.	8:15-9:30 BOOT CAMP HEATHER	8:30 - 9:30 CYCLE 7/11 ELEANOR 7/18 LUCINDA 7/25 ELEANOR	
9:35 - 10:35 CHISEL LUCINDA	9:45-10:30 YOGA FOR ALL TRACY	9:35 - 10:35 ZUMBA MARLENE	9:45 - 10:00 ABS LUCINDA	9:35 - 10:35 CHISEL LUCINDA	9:30 - 10:30 AEROBIC ROOM 7/11 CHISEL SHERRY 7/18 CARDIO CHISEL LUCINDA 7/25 BODY BLAST LIZ	
						2:00 - 3:00 CYCLE 7/5 KELLY 7/12 MARLENE 7/19 KIM 7/26 SHERRY
	4:15 - 5:00 FITASTIC KIDS AGES 5 - 12 MISS LIZ		4:15 - 5:00 FITASTIC KIDS AGES 5 - 12 MISS TRACY		12:00 - 1:00 PILATES KAREN	
5:00 - 6:00 STEP & SCULPT KELLY		5:00 - 6:00 ZUMBA MARLENE				
6:05 - 7:05 CHISEL JENN	6:00 - 7:00 CYCLE/ELEANOR MULTI-PURPOSE RM.	6:05 - 7:00 KICKBOX KENDALL	6:00 - 7:00 CYCLE / JULIE MULTI-PURPOSE RM.			
		7:05 - 8:00 CHISEL SUZIE	6:00 - 7:00 ZUMBA MARLENE			



REVISED 6/22/09

843-871-9622 x105 Nicole