

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00 BODY ATTACK ALL LEVELS LIZ				7:15 - 8:15 CYCLE/TRACY MULTI-PUPOSE RM.	
8:15 - 9:15 CHISEL ALL LEVELS LUCINDA	8:15 - 9:15 BOSU ALL LEVELS LIZ	8:15-9:15 CHISEL ALL LEVELS NICOLE/SHERRY	8:15 - 9:15 BOSU ALL LEVELS LIZ	8:15-9:30 BOOT CAMP ALL LEVELS HEATHER		
9:30 - 10:30 ZUMBA ALL LEVELS TREA	8:30-9:30 CYCLE/TRACY MULTI-PURPOSE RM.	8:30 - 9:30 CYCLE/LUCINDA MULTI-PURPOSE RM.	8:30-9:30 CYCLE/LUCINDA MULTI-PURPOSE RM.	8:30 - 9:30 CYCLE/LESLIE MULTI-PURPOSE RM.	8:30 - 9:30 CYCLE 3/6 LUCINDA 3/13 TBA 3/20 ELEANOR 3/27 ELEANOR LUCINDA 8:30 - 10:30	
9:30 - 10:30 CYCLE/LUCINDA MULTI-PURPOSE RM.	9:45-10:30 YOGA FOR ALL ALL LEVELS TRACY	9:30 - 10:35 ZUMBA ALL LEVELS TREA	9:45 - 10:00 ABS ALL LEVELS LUCINDA	9:35 - 10:35 CHISEL ALL LEVELS LUCINDA		
11:20 - 12:10 39 & HOLDING LEVEL 1/2 KELLY	10:45 - 11:35 PILATES ALL LEVELS ERIKA	11:20 - 12:10 39 & HOLDING LEVEL 1/2 KELLY		10:45 - 11:45 PILATES ALL LEVELS PAM	9:00 - 10:00 AEROBIC ROOM 3/6 CARDIO SWEAT LUCINDA 3/13 BOSU LIZ 3/20 KICKBOX/CORE LUCINDA 3/27 BODY ATTACK TRACY	
	1:00 - 2:00 SILVERSNEAKERS LEVEL 1 ERIKA		1:00 - 2:00 SILVERSNEAKERS LEVEL 1 MOLLY			2:00 - 3:00 CYCLE 3/7 SHERRY 3/14 MARLENE 3/21 KELLY 3/28 MARLENE
	4:15 - 5:00 FITASTIC KIDS AGES 5 - 12 MISS LIZ	4:15 - 5:00 FAMILY ZUMBA AGES 5 & UP MISS TREA	4:15 - 5:00 FITASTIC KIDS YOGA AGES 5 - 12 MISS TRACY		12:00 - 1:00 PILATES ALL LEVELS KAREN	
			5:05 - 5:55 BOSU LIZ			
5:00 - 6:00 STEP LEVEL 1/2 BETSY		5:00 - 6:00 ZUMBA ALL LEVELS TREA/MARLENE	6:00 - 7:00 ZUMBA ALL LEVELS TREA	5:00 - 6:00 CHISEL ALL LEVELS JENN		
6:05 - 7:05 CHISEL ALL LEVELS JENN	6:00 - 7:00 CYCLE/ELEANOR MULTI-PURPOSE RM.	6:00 - 7:00 CHISEL ALL LEVELS JENN	6:00 - 7:00 CYCLE / JULIE MULTI-PURPOSE RM.			

