

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00 BODY ATTACK LIZ	8:15 - 9:15 CYCLE / LUCINDA MULTI-PURPOSE RM.			7:15 - 8:15 CYCLE/TRACY MULTI-PUPOSE RM.	
8:15 - 9:15 CHISEL LUCINDA	8:00 - 9:00 BOSU LIZ	8:15-9:30 CARDIO CHISEL SUZIE	8:00 - 9:00 BOSU LIZ	8:15-9:30 BOOT CAMP HEATHER		
9:30 - 10:30 ZUMBA TREA	8:30-9:30 CYCLE/TRACY MULTI-PURPOSE RM.		8:30-9:30 CYCLE/LUCINDA MULTI-PURPOSE RM.	8:30 - 9:30 CYCLE/ADRIANE MULTI-PURPOSE RM.	8:30 - 9:30 CYCLE November 7th - LUCINDA November 14th - LUCINDA November 21st - ELEANOR Novmeber 28th - ELEANOR	
9:30 - 10:30 CYCLE/LUCINDA MULTI-PURPOSE RM.	9:45-10:30 YOGA FOR ALL TRACY	9:35 - 10:35 ZUMBA TREA	9:45 - 10:00 ABS LUCINDA	9:35 - 10:35 CHISEL LUCINDA		
				10:40 - 11:40 PILATES PAM	9:30 - 10:30 AEROBIC ROOM TBA	
11:15 - 12:00 39 & HOLDING KELLY	10:35 - 11:35 PILATES ERIKA	11:15 - 12:00 39 & HOLDING KELLY				2:00 - 3:00 CYCLE 11/1 - MARLENE 11/8 SHERRY 11/15 MARLENE 11/22 SHERRY 11/29 KELLY
	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 KAREN	5:00 - 6:00 BOOT CAMP JENN	5:00 - 6:00 ZUMBA MARLENE		5:00 - 6:00 CHISEL JENN		
6:05 - 7:05 CHISEL JENN	6:00 - 7:00 CYCLE/ELEANOR MULTI-PURPOSE RM.	6:05 - 7:00 CHISEL JENN	6:00 - 7:00 CYCLE / JULIE MULTI-PURPOSE RM.			

