

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
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FALL 2008

5:10-6:00 am SPIN Jackie	5:15-6:00 am MUSCLE Connie	5:10-6:00 am SPIN Jackie	5:15-6:00 am MUSCLE Connie	5:10-6:00 am SPIN Jackie	7:15-8:15 am SPIN Connie	8:15-8:45 am POWER SPIN Emily
6:05-6:50 am MUSCLE Jackie	6:10-6:45 am POWER SPIN Connie	6:05-6:50 am CARDIO-CONDITION Jackie	6:10-6:45 am POWER SPIN Connie		8:30-9:30 am YOGA Michelle	9:00-10:00 am SPIN Emily
9:00-10:00 am YOGA Paul	7:45-8:45 am ZUMBA Mina	7:45-8:30 am BODY PUMP Noel		7:45 – 8:30 am MUSCLE MIX Connie/Jackie	10:00-11:00 am LO-IMPACT DANCE MIX Mina	9:00-10:00 am GENTLE YOGA (ASR) Kelley
10:15-11:00 am MUSCLE Martina	9:00-10:00 am BASIC STEP/SCULPT Rachelle	9:00-10:00am SPIN Jody	9:15-10:15 am PILATES Mina	9:00 – 10:00 am ZUMBA Jody	11:15-12:15 am SPIN Cheryl	
11:05-12:15 pm CARDIO KICKBOXING Martina	10:15-11:15 am SPIN Lori	10:15-11:15 am CARDIO-STRENGTH Heather	10:30-11:30 am KICKBOXING Heather	10:15-11:15 am SPIN Lori	12:30-1:30 pm FAMILY YOGA (ASR) Paul	
	11:15-11:45 am CORE CONDITIONING Lori	11:20-12:20 pm GENTLE LO-IMPACT AEROBICS Maryjane		11:15-11:45 am CORE CONDITIONING Lori		
	1:00 – 2:00 pm PRE-NATAL Jennifer		4:00 – 4:45 pm MUSCLE Martina			
	4:00-4:45 pm CROSS-FITT Heather		4:50 – 5:50 pm ZUMBA Jody	4:00 – 5:00 pm BODY PUMP Noel		
4:15-5:00 pm SPIN Emily	5:00-6:00 pm SPIN Emily	4:00 -5:00 pm BODY PUMP Noel	5:55 – 6:55 pm SPIN Jody	5:30 – 6:30 pm PRE-NATAL Jennifer		
5:15-6:00 pm MUSCLE Lynda	6:15-7:15 pm LO IMPACT DANCE MIX Mina	5:30-6:30 pm GENTLE YOGA Kelly	7:30-8:30 pm YOGA (ASR) Paul			
6:15-7:15 pm CARDIO KICKBOXING Martina	7:30-8:30 pm YOGA (ASR) Paul	7:00-8:00 pm BASIC STEP/SCULPT Rachelle				
7:30-8:30 pm PILATES Mina	7:30-8:30 pm SPIN Cheryl	8:15-9:15 pm PILATES Mina		7:00-8:00 pm YOGA Stacey		