



effective 1/11/2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Zumba!	Spinning	Step	Spinning	Zumba!/Sculpt	
7:00am	Pilates Mat		Pilates Mat			
7:30am		Spinning		Spinning		
8:30am	Zumba!	Sculpting	Cardio Kick Box	Sculpting	Step	Zumba!
9:35am		Yoga			Pilates Mat	Yoga
10:00am	Stretch		Stretch			
12:15pm	Spinning	45min Yoga	Spinning	45min Yoga	Spinning	
4:30pm		Zumba!	Spinning	Zumba!		
5:30pm	Spinning	Sculpting	Zumba!	Sculpting		
6:35pm	Yoga	Yoga		Yoga		