

Group Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am		Absolutely Abs! Mary		Absolutely Abs! Mary		6.00am		
	8.00am	LES MILLS BODYPUMP Jennifer				LES MILLS BODYPUMP Jennifer	8.30am	LES MILLS BODYSTEP ChristinA/Robin	
	8:30am			Abs Boot Camp - New! Cheryl					
	9.00am	Lo Impact Perry	LES MILLS BODYCOMBAT Tracey	Lo Impact Perry	LES MILLS BODYCOMBAT Tracey	Lo Impact Perry	9.00am		LES MILLS BODYPUMP Philly/ChristinE
	9:30am						9:30am	LES MILLS BODYPUMP ChristinA/Robin	
	10.00am	Beach Body Bootcamp Karen	LES MILLS BODYPUMP Karen	Beach Body Bootcamp Debbi	LES MILLS BODYPUMP Tracey	Beach Body Bootcamp Philly	10:00am		LES MILLS BODYSTEP Robin
	11.00am			Stretch & Relaxation Mary-Day		Stretch & Relaxation Mary-Day	10:30am		
	11:15am				Zumba Tracey		1:30pm		
	2.00pm		Sit & be Fit Mary-Day		Sit & be Fit Mary-Day		2.00pm		
	3.00pm		Tai Chi Form Hilmar				3.00pm		
	4.00pm		Tai Chi Hilmar		Tai Chi Hilmar		4.00pm		
	4:30pm	LES MILLS BODYPUMP Philly				LES MILLS BODYPUMP Edmund			
	5.00pm		Absolutely Abs! ChristinA				5.00pm		
	5:30pm	LES MILLS BODYCOMBAT Amy/Tina	LES MILLS BODYSTEP ChristinA	LES MILLS BODYPUMP Kimberly	LES MILLS BODYSTEP ChristinA				
	6:30pm	Zumba Debbi	LES MILLS BODYPUMP Christine	Zumba Debbi	LES MILLS BODYPUMP Amy/Robin				
7.30pm	LES MILLS BODYPUMP Team	Cycle Team	Ballroom Dancing ## Bill*Fee based class	LES MILLS BODYCOMBAT Team					

Court Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8.00am						8.00am		
	8:30am	Abs Boot Camp - New! Cheryl					8:30am	LES MILLS BODYCOMBAT Team	

Cycle Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am	Cycle Mary				Cycle Mary	6.00am		
	8.30am		Cycle Debbi*90 minute class				8.30am	Cycle Bill	
	9.00am	Cycle Karen		Cycle Cheryl	Cycle Tracey	Cycle Cheryl	9.30am		
	10.00am						10.00am		
	11:00am								
	5:00pm		Cycle Circuit Philly *90 minutes						
	5.30pm	Cycle Philly		Cycle ChristinE	Cycle Circuit Philly	Cycle Philly	5.00pm		
	6:30pm	Intro 2 Cycle Bill *45 minutes			Intro 2 Cycle Bill *45 minutes				

Yoga Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6:00am			Yoga Mary					
	8:00am		Yoga Francesca			Yoga Heather	8:00am		Yoga Francesca
	8:30am						8:30am		
	9:00am	Zumba Debbi		Zumba Debbi/Roxanne					
	10.00am	Pilates Jennifer		Pilates Karen			10.30am		
	11:00am	Stretch & Relaxation Mary-Day							
	6.30pm	Yoga Philly		Yoga Francesca		Yoga Don *90 minutes	11:30am		



REVISED
11:27 am, Sep 16, 2009