

Group Fitness	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am		Absolutely Abs! Mary		Absolutely Abs! Mary		6.00am		
	8.00am	Jennifer				Jennifer	8.30am	ChristinA/Robin	
	8:30am			Abs Boot Camp Cheryl					
	9.00am	Lo Impact Perry	Tracey	Lo Impact Perry	Tracey	Lo Impact Perry	9.00am		Philly/Christine
	9:30am						9:30am	ChristinA/Robin	
	10.00am	Beach Body Bootcamp Perry	Robin	Beach Body Bootcamp Debbi	Tracey	Beach Body Bootcamp Philly	10:00am		Robin
	11.00am	Stretch & Relaxation Mary-Day		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	Philly				Edmund			
	5.00pm		Absolutely Abs! ChristinA				5.00pm		
	5:30pm	Amy	ChristinA	Kimberly	ChristinA				
6:30pm	Zumba Debbi	Christine	Zumba Debbi	Amy/Robin					
7.30pm			Ballroom Dancing ## Bill*Fee based class						

Court Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	8:30am	Abs Boot Camp Cheryl						8:30am	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 Cheryl	Cycle Tracey	Cycle Cheryl	9.30am	Intro 2 Cycle Bill *1st Sat of month	
	9:15am	Cycle *45 minutes beginning March 1st - Philly							
	10.00am						10.00am		
	11:00am								
	5:00pm		Cycle Circuit Karen *90 minutes		Cycle Circuit Philly *90 minutes				
	5.30pm	Cycle Philly		Cycle Christine		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 Heather	8:00am		Yoga Francesca
	8:30am		Yoga Frances				8:30am	Yoga Karen - NEW!!	
	9:00am	Zumba Debbi				Zumba Lisa- NEW!			
	10.00am	Pilates Jennifer		Pilates Jennifer			10.30am		
	11:00am								
	11:15am			Zumba Roxanne					
	6.30pm	Yoga Philly		Yoga Frances / Liz		Yoga Frances	11:30am		

**LES MILLS**

**BODY COMBAT**

**BODY PUMP**

**BODY STEP**

**REVISED**

8:36 am, Mar 09, 2010