

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		BODY PUMP AMANDA		BODY PUMP HOLLY		BODY PUMP AMY	
8:10 AM		Zumba SEAN	BODY PUMP BECKY	Zumba BECKY	Body Pump SUSAN	Zumba CHRISTY/BECKY	Wild Card 7 Stacey – Turbo Jam 14 Sean-Xtreme Zumba 21 Amy – Super Step 28 Kim – Zumba
9:15 AM		Pilates BECKY	Circuits AMY 3: Susan	Pilates BECKY	Circuits SUSAN	BODY PUMP ROBIN 6: Becky	BODY PUMP 7 Amy 14 Becky 21 Holly 28 Robin
9:15 AM		Stretch Your Body (30 minutes) ROBIN In Kids' Gym 9: Lesley					
10:20 AM			Yoga Basics AMY 3: Moe		Yoga Basics MOE		
10:30 AM		Low Impact AMY 2: Lynne		Low Impact LYNNE		Zumba Gold CHRISTY	Weekend Yoga 7 Amy 14 Robin 21 Holly 28 Robin
12:00 PM			PUMP AT LUNCH 45 minutes LYNNE				
12:45 PM			Power Core 15 minutes LYNNE				
2:00 PM	Zumba AMANDA D						
3:15 PM	BODY PUMP 1 Amanda L 8 Sean 15 Stacey 22 Stacey 29 Ria						
4:30 PM		Boot Camp SUSAN	BODY PUMP SUSAN	RIPPED LYNNE	BODY PUMP STACEY	Boot Camp AMANDA 13: Susan	
4:30 PM			Circuits & Abs – 75 min (on the track) LAURE		Circuits & Abs – 75 min (on the track) AMANDA		
5:35 PM		BODY PUMP AMY 2: Lynne 16: Susan	Super Step SUSAN	BODY PUMP SEAN	RIPPED JANE		
6:40 PM		Zumba SEAN	Gentle Yoga MOE	Zumba KIM	ZUMBA AMANDA D.	Gentle Yoga MOE ADDED CLASS TIME!	
7:45 PM			BODY PUMP ROBIN		BODY PUMP ROBIN		
8:00 PM				Ballroom Dance Wayne			