

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		<b>BODY PUMP</b> AMANDA		<b>BODY PUMP</b> HOLLY		<b>BODY PUMP</b> AMY	
8:10 AM		Zumba SEAN	<b>BODY PUMP</b> BECKY	Zumba BECKY	<b>Body Pump</b> SUSAN	Zumba KIM/AMANDA	Wild Card 4 Super Step - Robin 11 Xtreme Zumba - Sean 18 Super Step - Robin 25 Zumba - Becky
9:15 AM		Pilates  BECKY	Circuits  LYNNE	Pilates  BECKY	Circuits  SUSAN	<b>BODY PUMP</b> ROBIN  17: Stacey	<b>BODY PUMP</b> 4 Launch 11 Amy 18 Robin 25 Becky
9:15 AM		Go 4 Life (45 minutes) ROBIN <b>In Kids' Gym</b> 6: first class!				Go 4 Life (45 minutes) LESLEY <b>In Kids' Gym</b> 3: No class	
10:20 AM			Yoga Basics MOE		Yoga Basics MOE		
10:30 AM		Low Impact  AMY 20: Lynne		Low Impact  LYNNE		Zumba Gold  LYNNE	Weekend Yoga 4 Moe 11 Amy 18 Robin 25 Holly
12:00 PM			<b>PUMP AT LUNCH</b> 45 minutes LYNNE				
12:45 PM			<b>Power Core</b> 15 minutes LYNNE				
2:00 PM	<b>Zumba</b> 5 Amanda D 12 Amanda D 19 Kim 26 Sean						
3:15 PM	<b>BODY PUMP</b> 5 Robin 12 Holly 19 Stacey 26 Sean						
4:30 PM		Boot Camp SUSAN	<b>BODY PUMP</b> SUSAN	RIPPED LYNNE	<b>BODY PUMP</b> STACEY	Boot Camp AMANDA	
4:30 PM			Circuits & Abs – 75 min (on the track) LAURE		Circuits & Abs – 75 min (on the track) AMANDA		
5:35 PM		<b>BODY PUMP</b> AMY	Super Step SUSAN	<b>BODY PUMP</b> SEAN	RIPPED  JANE 2, 9: Lynne		
6:40 PM		Zumba SEAN	Gentle Yoga MOE	Zumba KIM	ZUMBA AMANDA D.	<i>Gentle Yoga</i> MOE	
7:45 PM			<b>BODY PUMP</b> ROBIN		<b>BODY PUMP</b> ROBIN		
8:00 PM				<b>Ballroom Dance</b>  Wayne			