

Group Fitness Schedule Effective January 4, 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM							
8:30 AM							
9:30 AM	BodyPUMP Jacqui	Kickboxing Brita	BodyPUMP Angela	Basic Training Rich	BodyPUMP Angela	Pi-Yo Deb	Zumba Yasi
10:30 AM						Zumba Sara	
11:00 AM							
3:00 PM							
4:00 PM			Kick/Core Rich				
5:00 PM	Pilates Rich	20/20/20 Deb	Cycle Jacqui	Pilates Deb	BodyPUMP Hal		
5:30 PM							
6:00 PM	BodyPUMP Jacqui	Yoga Deb	BodyPUMP Jacqui	Zumba Paula	Zumba Sonia		
7:00 PM	Zumba Yasi	Zumba Sonia	Zumba Sonia				
7:30 PM							

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