

Group Fitness Schedule Effective August 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM							
8:30 AM						Weight Toning Deb P	
9:00 AM	BodyPUMP Jacqui		BodyPUMP Angela		BodyPUMP Angela		
9:30 AM				Basic Training Rich		Pi-Yo Deb P	Zumba Michelle
10:30 AM						Zumba Michelle	
11:00 AM							
3:00 PM							
4:00 PM							
5:00 PM	Kickboxing Brita	20/20/20 Deb N	Forever Young Pam S	Pilates Deb P			
5:30 PM							
6:00 PM	BodyPUMP Jacqui	Yoga Deb N	BodyPUMP Jacqui	Zumba Paula	Zumba Sonia		
7:00 PM	Zumba Yasi	Zumba Kim	Zumba Sonia				
7:30 PM							

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