



## 2012 Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 AM	<b>SPIN</b> (MOE)		<b>SPIN</b> (MOE)				
9:15 - 10:00 AM	<b>PILATES</b> (REG)	<b>AEROBICS</b> (LISA)	<b>TOTAL BODY</b> (REG)	<b>CARDIO PUMP</b> (LISA)	<b>CARDIO INTERVAL</b> (CATHY)	<b>T'AI CHI</b> (CRAIG)	
10:00 - 10:45	<b>CARDIO FLEX</b> (REG)		<b>YOGA</b> (CATHY)				
12:10 - 12:55PM	<b>SPIN</b> (CRAIG)	<b>BOOTCAMP</b> (COLETTE)	<b>PILATES</b> (COLETTE)	<b>BOOTCAMP</b> (PETE)	<b>SPIN</b> (CRAIG)		
1:10 - 1:55PM	<b>ABS REVOLUTION</b> (SHANNON)	<b>YOGA</b> (CATHY)	<b>CIRCUIT TRAINING</b> (LISE)	<b>ABS/ZUMBA</b> (SHANNON)	<b>CIRCUIT TRAINING</b> (LISE)		
5:15 - 6:15PM	<b>ABS</b> (SHANNON)	<b>ABS/ BOOTCAMP</b>	<b>ZUMBA</b> (SHANNON)	<b>ABS</b> (SHANNON)			
<b>HOURS OF OPERATION</b>	<b>MONDAY - THURSDAY</b>			<b>FRIDAY</b>		<b>SATURDAY - SUNDAY</b>	
<b>OPEN - CLOSE</b>	<b>5:30AM - 10:00PM</b>			<b>5:30AM - 9:30PM</b>		<b>8:00AM - 6:00PM</b>	