

	0	СТОВЕ	R 2016	Group	) Exerci	ise Clas	s Sch	edule	
			Please allow	v 2-5 min. of t	ransition time	e between clas	ses		
Group Exercise Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am	BODYPUMP Greta		BODYPUMP Greta		BODYPUMP Greta			
	7:00am	Early F & S Connie		Early F & S Connie		Early F & S Connie			
	8:00am	Zumba- Lisa				Zumba-Lisa			
	9:00am	BODYPUMP Amy	ZUMBA TONING-KIT	BODY SCULPT	ZUMBA TONING-KIT	BODYPUMP AMY	9:30am	BODYPUMP Tonya	
	10:00am		KICK BOX BOOTY WERK	Zumba Gold/Line	KICK BOX BOOTY WERK	ZUMBA TONING- <b>KIT</b> C	10:30am	U-JAM-LISA	
	11:00am		FUNCTIONAL FITNESS		FUNCTIONAL FITNESS				
	12:00pm	BODYPUMP Greta		BODYPUMP Greta					
	12:15pm			3:00PM BALLERINAS	3:00PM BALLERINAS	BODYPUMP Greta			
	4:00pm			U-JAM LISA			3:00PM		Table Tennis 3-6PM
	5:00pm	BODYPUMP SET UP		BODYPUMP SET UP		Table Tennis 4-7PM			
	5:30pm	BODYPUMP Tonya	Zumba Nicole (кғ)	BODYPUMP Tonya	Zumba Nicole (кғ)				
	6:30pm	ZUMBA-LISA	U-JAM LISA		U-JAM LISA				
	Times	Mandau	Tuesday		Thursday	Friday	Times	Caturday	
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	
0	Time 8:00am		Tuesday	Wednesday PIYO-LISA		Friday	Time	Saturday	
dio		Yoga	Tuesday	-	Yoga		Time	Saturday	
Studio	8:00am		Tuesday	-			Time 9:00am	Saturday PIYO LISA	
	8:00am 8:30am	Yoga		-	Yoga	Hatha Yoga		ΡΙΥΟ	
Yoga Studio	8:00am 8:30am 9:00am	Yoga Barbara(1.5hrs) FLEXIBILITY	Pilates Connie Stretch the	-	Yoga	Hatha Yoga		ΡΙΥΟ	
	8:00am 8:30am 9:00am 10:00am	Yoga Barbara(1.5hrs) FLEXIBILITY	Pilates Connie Stretch the	-	Yoga Barbara(1.5hrs)	Hatha Yoga Audrey D Stretch the		ΡΙΥΟ	
	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm Pool	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of	Pilates Connie Stretch the Limits Claudia Pilates Connie Can be made f	PIYO-LISA Beg. Yoga Eric or 30 min. see	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D	Hatha Yoga Audrey D Stretch the Limits Claudia		ΡΙΥΟ	
Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday	Pilates Connie Stretch the Limits Claudia Pilates Connie	PIYO-LISA Beg. Yoga Eric or 30 min. see Wednesday	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D	Hatha Yoga Audrey D Stretch the Limits Claudia Friday		ΡΙΥΟ	
Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm Pool	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of	Pilates Connie Stretch the Limits Claudia Pilates Connie can be made f	PIYO-LISA Beg. Yoga Eric or 30 min. see	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D ssions Thursday	Hatha Yoga Audrey D Stretch the Limits Claudia		ΡΙΥΟ	
	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm Pool Time	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday Aquacise	Pilates Connie Stretch the Limits Claudia Pilates Connie Can be made f	PIYO-LISA Beg. Yoga Eric or 30 min. ses Wednesday Aquacise	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D	Hatha Yoga Audrey D Stretch the Limits Claudia Friday Aquacise		ΡΙΥΟ	
Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm Pool Time 9:00am 5:30pm	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday Aquacise Leslie	Pilates Connie Stretch the Limits Claudia Pilates Connie can be made f Tuesday Aquacise Claudia	PIYO-LISA Beg. Yoga Eric or 30 min. ses Wednesday Aquacise Leslie	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D ssions Thursday Aquacise Claudia	Hatha Yoga Audrey D Stretch the Limits Claudia Friday Aquacise Claudia		ΡΙΥΟ	
Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm 9:00am 5:30pm 5:30pm	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday Aquacise	Pilates Connie Stretch the Limits Claudia Pilates Connie can be made f Tuesday Aquacise Claudia Tuesday	PIYO-LISA Beg. Yoga Eric or 30 min. ses Wednesday Aquacise	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D SSIONS Thursday Aquacise Claudia Thursday	Hatha Yoga Audrey D Stretch the Limits Claudia Friday Aquacise		ΡΙΥΟ	
Pool Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm 9:00am 5:30pm 5:30pm 5:30pm	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday Aquacise Leslie	Pilates Connie Stretch the Limits Claudia Pilates Connie can be made f Tuesday Aquacise Claudia Tuesday HOLLY	PIYO-LISA Beg. Yoga Eric or 30 min. ses Wednesday Aquacise Leslie	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D SSIONS Thursday Aquacise Claudia Thursday HOLLY	Hatha Yoga Audrey D Stretch the Limits Claudia Friday Aquacise Claudia		ΡΙΥΟ	
Pool Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm 9:00am 5:30pm 5:30pm 5:30pm 5:30pm	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday Aquacise Leslie	Pilates Connie Stretch the Limits Claudia Pilates Connie can be made f Tuesday Aquacise Claudia Tuesday	PIYO-LISA Beg. Yoga Eric or 30 min. ses Wednesday Aquacise Leslie	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D SSIONS Thursday Aquacise Claudia Thursday	Hatha Yoga Audrey D Stretch the Limits Claudia Friday Aquacise Claudia Friday		ΡΙΥΟ	
Yoga	8:00am 8:30am 9:00am 10:00am 10:30am 5:30pm 9:00am 5:30pm 5:30pm 5:30pm	Yoga Barbara(1.5hrs) FLEXIBILITY TRAINING Beg. Yoga Eric reservations of Monday Aquacise Leslie	Pilates Connie Stretch the Limits Claudia Pilates Connie can be made f Tuesday Aquacise Claudia Tuesday HOLLY	PIYO-LISA Beg. Yoga Eric or 30 min. ses Wednesday Aquacise Leslie	Yoga Barbara(1.5hrs) Slow Flow Yoga Audrey D SSIONS Thursday Aquacise Claudia Thursday HOLLY	Hatha Yoga Audrey D Stretch the Limits Claudia Friday Aquacise Claudia		ΡΙΥΟ	



