

Sept 2010 FITNESS SCHEDULE

Mon	Tues - A	Wed	Thur - B	Thur - A	Fri	Sat
						8:15 a Cardio Burn Shari
9:00 a Zumba Sculpt Sandy	9:00 a Bikini Barre Natasha	9:00 a Zumba Sandy	9:00 a Hatha Yoga Angie		9:00 a Zumba Sculpt Rob	**9:30-11:00a Zumba & Sculpt Sandy
10:10 p* Fight Club Rob	10:00 a Zumba Rob	10:10 a TX60 Natasha	10:00 a Cardio Burn Rob	10:00 a Belly Fit Monica	10:00 a Hatha Yoga Devin	11:00 a Restorative Yoga Angie
5:30 p Boot Camp Core Sandy	5:30 p Party Pump Natasha	5:30 p Hatha Yoga Devin	**5:30-7:00 p Zumb-barre Sandy Natasha			
6:30 p Zumba Sandy	6:30 p Cardio Burn Shari	6:30 p Zumba Rob	7:10 p* Fight Club Shari		6:00 p Zumba Rob	
	7:40 p* Fight Club Shari	7:40* p TX60 Rob (Starts 9/8)		*For FIGHT CLUB & Tx60 – come 10 min early to set up and/or wrap.		
				** See website for special pricing		