

## Schedule of Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05 to 6:05 a.m.	<b>Core + Mitch</b>		<b>Core + Mitch</b>				
8:15 to 9:15 a.m.					Yoga 8:15 Jackie Rm.1	X-Biking 8:15 Brenda Rm. 1	
9:15 to 10:15 a.m.	Basic Step Jackie Rm. 1	Pilates Tiffany Rm. 1	X-Biking Rachel Rm. 1	Pilates Tiffany Rm. 1	Step Interval Jackie Rm.1	Pedal Pump Jennifer Rm.1	Yoga Nick Rm.1
9:15 to 10:15 a.m.							
10:30 to 11:30 a.m.	Pump Erin S Rm. 1	X-Biking 45min Rachel Rm. 1	Yoga Jackie Rm.1	X-Biking 45min Erin S Rm. 1	X-Biking Rachel Rm. 1		
12:15 to 1 p.m.		Pump Jackie Rm. 1		Pump Jackie Rm.1			
4:15 to 5:15 p.m.	<b>Core + Circuit Mitch and Jenn</b>	X-Biking Rachel Rm. 1	<b>Core + Circuit Mitch and Jenn</b>	X-Biking Rachel Rm. 1		<p><u>Club Hours:</u> 5am to 10pm Monday-Friday 7am to 5pm Saturday-Sunday</p> <p><u>Child Care Hours:</u> 8am-12pm Monday-Friday 4pm to 8 pm Monday-Thursday 8am-12pm Saturday</p>	
4:30 to 5:30 p.m.							
5:30 to 6:30 p.m.	Zumba Dionne Rm.1		Step Interval Erin S Rm.1	Circuit training Jenn A Rm 1			
5:30 to 6:30 p.m.	Yoga Jackie Rm. 2	6:00 Pump/Kickbox	Yoga Jackie Rm. 2				
6:30 to 7:30 p.m.	X-Biking Brenda Rm. 1	90 min Erin S Rm. 1	X-Biking Sage Rm 1	Zumba Dionne Rm.1			

12/8/2008