

AEROBICS ROOM

MAY, 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am :30	BarreSculpt STEPHANIE B		Barre Sculpt STEPHANIE B				
7:00am :30	Yoga JOHNNY T	Yoga JOHNNY T	Yoga SUJATHA Y (75 min)	Yoga JOHNNY T	Body Sculpt STEPHANIE B		
8:00am :30				Barre Sculpt STEPHANIE B			
9:00am :30	Turbo Kick ERIN S	9:15 Muscle Pump LISA F			Turbo Kick DARBY R		
10:00am :30			Vinyasa Flow Yoga MANDY B	9:45 Turbo Pump DARBY R		Body Sculpt STEPHANIE B	

4:00pm :30							Yoga JOHNNY T
5:00pm :30							
6:00pm :30	HIIT KATE S (45min)	Yoga KATE S	Butts & Guts STEPHANIE B	Turbo Kick SARA H			
7:00pm :30	6:15 Stretch & Flex SHERYL D (45min)		Pilates TIFFANY T				

SPINNING ROOM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am :30				LISA F			
7:00am :30							
8:00am :30		8:15 LISA F					
9:00am :30			MANDY B			WADE S / MANDY B	

6:00pm :30	TIRSA P						
7:00pm :30			MICHELLE T				