



# GROUP X SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30AM</b> BOOT CAMP (MATTIAS)	<b>5:30AM</b> \$BOOT CAMP (SNOW)	<b>5:30AM</b> BOOT CAMP (MATTIAS)	<b>5:30AM</b> \$BOOT CAMP (SNOW)	<b>5:30AM</b> BOOT CAMP (MATTIAS)		
<b>6:30AM</b> \$BOOT CAMP (SNOW)	<b>6:30AM</b> \$BOOT CAMP (SNOW)	<b>6:30AM</b> \$BOOT CAMP (SNOW)	<b>6:30AM</b> \$BOOT CAMP (SNOW)	<b>6:30AM</b> \$BOOT CAMP (SNOW)		
<b>6:00AM</b> \$FITZONE	<b>6:30AM</b> \$FITZONE	<b>6:00AM</b> \$FITZONE	<b>6:30AM</b> \$FITZONE	<b>6:00AM</b> \$FITZONE		
<b>7:00AM</b> \$FITZONE (DAISY)	<b>7:30AM</b> \$FITZONE (DAISY)	<b>7:00AM</b> \$FITZONE (DAISY)	<b>7:30AM</b> \$FITZONE (DAISY)	<b>7:00AM</b> \$FITZONE (DAISY)		
<b>7:30AM</b> GENTLE SCULPT (CINDIE)	<b>7:30AM</b> YOGA FLOW (JUDY)	<b>7:30am</b> GENTLE SCULPT (CINDIE)	<b>7:30AM</b> YOGA FLOW (JUDY)	<b>7:30AM</b> GENTLE SCULPT (CINDIE)	<b>7:00AM</b> \$BOOT CAMP (SNOW)	
<b>8:30AM</b> YOGA (VEENA)	<b>8:30AM</b> BARRE&PILATES (SUSAN)	<b>8:30AM</b> YOGA VITALLICS (SUSAN)	<b>8:30AM</b> ZUMBA (ANETTE)	<b>8:30AM</b> POWER YOGA (CINDIE)	<b>8:00AM</b> MAT PILATES (CINDIE)	
<b>9:30AM</b> PILATES SCULPT (HOLLY)	<b>9:30AM</b> YOGA (SUSAN)	<b>9:30AM</b> BALLET (SUSAN)	<b>9:30AM</b> YOGA VITALLICS (SUSAN)	<b>9:30AM</b> PILATES SCULPT (HOLLY)	<b>9:00AM</b> YOGA MEDITATE (VEENA)	<b>9:00AM</b> YOGA MEDITATE (VEENA)
	<b>9:30AM</b> AQUAROBICS (CAROLYN)					
<b>10:30AM</b> RESISTANCE TRAIN (JOANNA)	<b>10:30AM</b> LEVEL1 CIRCUIT (MATTIAS)	<b>10:30AM</b> RESISTANCE TRAIN (JOANNA)	<b>10:30AM</b> LEVEL1 CIRCUIT (MATTIAS)	<b>10:30AM</b> RESISTANCE TRAIN (JOANNA)		<b>10:00AM</b> BODY SCULPT (ROTATION)
	<b>11:30AM</b> \$SELF DEFENSE (JASON)		<b>11:30AM</b> \$ADULT JIU-JITSU (JASON)		<b>11:30AM</b> \$FAM. JIU-JITSU (JASON)	
	<b>4:00PM(8 UND)</b> <b>5:00PM(9 OVR)</b>		<b>4:00PM(8 UND)</b> <b>5:00PM(9 OVR)</b>			
<b>5:00PM</b> 21 FIT DAY (MARY)	<b>5:00PM</b> \$JIU-JITSU (JASON)	<b>5:30PM</b> 21 FIT DAY (MARY)	<b>5:00PM</b> \$JIU-JITSU (JASON)			
<b>5:30PM</b> \$FITZONE (STACEY)	<b>5:00PM</b> \$FITZONE (STACEY)	<b>5:30PM</b> \$FITZONE (STACEY)	<b>5:00PM</b> \$FITZONE (STACEY)			
<b>6:00PM</b> RESTORE YOGA (JUDY)	<b>6:30PM</b> \$BOOT CAMP (SNOW)	<b>6:30PM</b> \$BOOT CAMP (SNOW)	<b>6:30PM</b> \$BOOT CAMP (SNOW)			

# SPIN SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:30AM</b> LINDA		<b>7:30AM</b> LINDA			<b>8:15AM</b> ROTATION	<b>8:30AM</b> CAROLYN
<b>9:00AM</b> CINDIE	<b>9:00AM</b> MEG	<b>9:00AM</b> MEG	<b>9:00AM</b> SUE	<b>9:00AM</b> SUE		
<b>6:00PM</b> TRISH	<b>6:00PM</b> HOLLY (SPIN & SCULPT)	<b>6:00PM</b> TRISH	<b>6:00PM</b> REGINA (SPIN & SCULPT)			