

January -May 2008 Class Schedule

** Spring schedule will run January 2nd- May 31st (Please notice the key at bottom of page)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30AM Body Sculpting	5:45 AM * Running Club	5:30-6:30AM Body Sculpting	5:45 AM * Running Club	5:30-6:30AM Body Sculpting	7:00-8:00 AM Pilates
8:00-9:00 AM Body Toning Plus	8:30-9:30 AM Yoga	8:00-9:00 AM Body Toning Plus	8:30-9:30 AM Yoga	8:00-9:00 AM Body Toning Plus	7:00 AM * Running Club
9:15-10:15 AM Pilates	9:05-10:30 AM Kickboxing	9:15-10:15 AM Pilates	9:05-10:30 AM Kickboxing	9:15-10:45 AM Strength Training	8:05-9:00 AM Yoga Groove
9:15-10:15 AM Calorie Killer	9:45-10:30AM * Wu Shu Kung Fu for Moms	9:15-10:15 AM Calorie Killer	9:45-10:30AM *Wu Shu Kung Fu for Moms	9:15-10:15 AM Pilates	9:10-9:40 AM *Kindergym
12:45-1:45PM Low Impact	11Am-Noon * Fit for Life	12:00-1:00PM *Free Weights for Women	11AM- Noon *Fit for life	11:00AM-12:00PM Calorie Killer	9:45-10:15 AM *Kindertots
3:50-5:20 PM *Taekwondo	10:30-11:30 AM Step and Tone	12:45-1:45 PM Low Impact	10:30-11:30 AM Step and Tone	12:00-1:00 PM *Free Weights for Women	10:20-11:20 AM Latin Dancercise
5:30-6:30 PM Intervals	11:35-12:35PM Pilates	5:30-6:30 PM Intervals	11:35-12:35 PM Pilates	3:45-6:20 PM *Taekwondo	11:30AM-12:15PM *Kinderdance I
6:35 – 7:35 PM Pilates	12:45-1:30 PM Stretching for Health	6:35-7:35PM Pilates	12:45-1:30 PM Stretching for Health		12:30 – 1:30 PM Hip Hop Dance
6:30-7:30PM *Prenatal Yoga	3:50-5:20 PM *Taekwondo	6:30-7:30 PM *Prenatal Yoga	3:50-5:20 PM *Taekwondo		
7:45-8:45 PM Yoga	5:35-6:35 PM *Boot Camp	7:35 – 8:35 PM Latin Dancercise Intermediate	5:35-6:35 PM * Boot Camp		
	6:35-7:35 PM Pilates		6:30-7:15PM *Taekwondo		
	7:40-9:10 PM Latin Dancercise Beginner		6:35-7:35 PM Pilates		
			7:40-9:10 PM Latin Dancercise Intermediate		

*Indicate classes that are an additional charge ***This schedule is subject to change based on attendance in classes.