



SPRING 2011



	6:15	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:15	12:30	12:45	1:00	1:15	1:30	2:00	2:30	5:30	6:00	6:30	7:00	7:30	8:00	8:30
MON				Circuit Jenna														Aero A Adrienne	Step I Adrienne	Zumba 60 min Adrienne		Yoga 60 min John	
			Zumba 60mins Adrienne															NRG Mey Wun	Box Alison	Circuit Alison			
																			REV Daniel				
TUE	NRG Mey Wun	REV Jenna	Aero B Terri	LBC Terri	Pilates 60 min John		Lite Pace Jenna			Aqua Easy/Plus 60 min Helen								REV Mark	LBC Sandra	Aero B Sandra	Box Mey Wun		Yoga 60 min Janie
WED	REV 45 min Alison	NRG Mey Wun	Step B/I 60 min Adrienne				Aero I Adrienne	Pilates 60 min Terri											Step I/A 60 min Adrienne		Aqua Power/Plus 60 min		
			Box Mey Wun																REV Jenna	Circuit Daniel		Tai chi 60 min Yan	
THU		REV Harley	Zumba 60 min Terri		LBC Terri	Brace & Stretch Terri		Yoga 60 min John											Aero I/A 60 min Adrienne		Zumba 60 min Adrienne		Pilates 60 min Adrienne
								Aqua Easy/Plus 60 min Helen											REV Harley				
FRI		NRG Mey Wun	Aero I/A 60 min Adrienne				Pilates 60 min Adrienne																
			REV 45 min Jenna																				
SAT		REV Mark	Aero A Adrienne	Step I/A 60 min Adrienne			Yoga A 60 min Janie																
			Circuit Mark	REV Mark																			
SUN		Pilates 60 min Terri																					
			REV Mey Wun																				

B = Beginners
I = Intermediate
A = Advanced

All Classes are 30 minutes unless stated otherwise

Remember in all classes:
Hand towel , Water bottle & Deodorant