


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
New Sunday Schedule through the holidays				515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLIARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT TRACY/KAREN 920 BODYPUMP KAREN/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP KAREN 1030 ZUMBA KICK TRACY 1030 RPM HILLARY
4	5	6	7	8	9	10
200 BODYPUMP CHARLIE 300 YOGA JANE 530 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS ANGIE 1200 RPM (30 min) ANN 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK KAREN 920 BODYPUMP ASHLEY/JULIE 1030 YOGA GOLD BRENDA 1200 CYCLE (30 min) JORDAN 430 BODYPUMP CHARLIE 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CHARLIE 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM JULIE 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP KAREN/CHARLIE 1030 CARDIO HIP HOP STEPHANIE 1030 CYCLE CHALLENGE CHARLIE
11	12	13	14	15	16	17
200 BODYPUMP YATES 300 YOGA JANE 530 POWER YOGA HANNAH	500 BODYPUMP CHARLIE 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM CHARLIE 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM AMANDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP YATES 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/JULIE 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS BRENDA 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP KAREN/AMANDA 1030 CARDIO HIP HOP SCARLETT 1030 SPRINT AMANDA
18	19	20	21	22	23	24
200 BODYPUMP KAREN 300 YOGA JANE 530 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS BRENDA 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS ANGIE 1200 BODYPUMP KAREN/YATES 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK KAREN/ANGIE 920 BODYPUMP ASHLEY/JULIE 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) JORDAN 430 BODYPUMP CHARLIE 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE JULIE 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS ANGIE 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY/ANGIE 920 YOGA (UPSTAIRS) BRENDA 1030 BALANCE & STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP KAREN 1030 NO CLASSES
25	26	27	28	29	30	31
 Merry Christmas	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY 920 BODYPUMP ASHLEY/JULIE 920 YOGA (UPSTAIRS) BRENDA 1030 LOW IMPACT CARDIO KIM 1130 SILVER SNEAKERS DAVID 1200 SPRINT (30 min) AMANDA 430 BODYPUMP ASHLEY 535 POUND TRACY	515 RPM CAROLINA 815 BODYPUMP AMANDA 920 MAX TONING ZUMBA TRACY 920 RPM ANN 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP KAREN 100 SILVER SNEAKERS TRACY 430 CARDIO HIP HOP SCARLETT 535 BODYPUMP CHARLIE 640 POWER YOGA HANNAH	500 BODYPUMP CAROLINA 815 BODYATTACK KAREN 920 BODYPUMP ASHLEY/JULIE 1030 YOGA GOLD BRENDA 1200 SPRINT (30 min) AMANDA 430 BODYPUMP CHARLIE/YATES 535 CLUB ZUMBA TRACY	515 RPM CAROLINA 815 BODYPUMP KAREN/YATES 920 BODYATTACK EXPRESS KAREN 920 CYCLE CHALLENGE HILLARY 950 YOGA (30 MIN) BRENDA 1030 SILVER SNEAKERS DAVID 1200 BODYPUMP CHARLIE 100 SILVER SNEAKERS BRENDA 430 HIIT 2 FIT ASHLEY 535 MAX TONING ZUMBA TRACY	500 BODYPUMP CAROLINA 815 BODYCOMBAT ASHLEY/KAREN 920 BODYPUMP ASHLEY 920 YOGA (UPSTAIRS) BRENDA 1030 SILVER SNEAKERS STABILITY BRENDA 1130 SILVER SNEAKERS DAVID 1200 RPM ANN 530 POWER YOGA HANNAH	815 BODYCOMBAT KAREN/TRACY 920 BODYPUMP CHARLIE 1030 CARDIO HIP HOP SCARLETT 1030 RPM ANN