



GROUP EXERCISE CLASSES
January 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 	2 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Nick	3 9:00am: ME - Shawn 9:30am: Circuit Training-Kat 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Whitney 6:30pm: ME -Shawn 7:00pm: Ab Blast –Shawn	4 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop –Keshia	5 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick	6 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna	7 9:00am: ME – Nick	
8	9 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan	10 9:00am: ME - Shawn 9:30am: Circuit Training-Kat 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Deb 7:00pm: Ab Blast –Deb	11 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Dan 6:00pm: Ab Blast-Dan 6:30pm: Zumba - Whitney	12 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick	13 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna	14 9:00am: ME – Shawn	
15	16 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan	17 9:00am: ME - Shawn 9:30am: Circuit Training-Kat 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME - Deb 7:00pm: Ab Blast –Deb	18 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop –Keshia	19 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick	20 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna	21 9:00am: ME – Nick	
22	23 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan	24 9:00am: ME - Shawn 9:30am: Circuit Training-Kat 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Deb 7:00pm: Ab Blast –Deb	25 5:30am:ME -Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: ME-Deb 6:00pm: Ab Blast-Deb 6:30pm: Hip-hop –Melissa	26 9:00am: ME - Shawn 9:30am: Abs & Yoga-Joanna 4:00pm: Yoga- Joanna 5:30pm: Zumba-Julie 6:45pm: Ab Blast - Nick 7:00pm: ME – Nick	27 5:30am: ME -Nick 9:30am: Power Yoga-Christine 10:30am: Toddler – Joanna	28 9:00am: ME - Shawn	
29	30 5:30am:ME-Nick 9:30am: Power Yoga-Christine 10:30am: Yoga-Kat 5:30pm: CardioSculpt-Kim 6:30pm: Hip-Hop – Keshia 7:15pm: ME –Dan	31 9:00am: ME - Shawn 9:30am: Circuit Training-Kat 10:30am: Pilates-Kat 4:00pm: Yoga- Joanna 5:30pm: Zumba-Melissa 6:30pm: ME -Deb 7:00pm: Ab Blast –Deb					