


3/1/2010

	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
 Cardio Classes	Cardio Intervals Molly 8:00am - 8:45am	Totally Pumped Suzie 8:00am - 9:00am	Bridge Babes Jacey 8:00am - 9:00am	Totally Pumped Jacey 8:00am - 9:00am	Cardio Pump Molly 8:00am - 9:00am		
	Abs/Core Molly 8:45am - 9:00am	Step Blast Suzie 9:00am - 10:00am	Belly Dancing Dawn 10:00am - 11:00am	Step Intervals Molly 9:00am - 10:00am		Cardio/Pump CJ 9:00am - 10:00am	Totally Pumped Susan 9:00am - 10:00am
	Group Training Suzie 9:00am - 10:00am		Silver Sneakers Luckie 12:30pm - 1:30pm				
	Silver Sneakers Arleda 10:15am - 11:15am					Zumba Lisa H. 11:15am - 12:15pm	
	Zumba Lisa. H 11:15am - 12:15pm					Silver Sneakers Lisa H. 12:30pm - 1:30pm	
	Silver Sneakers Arleda 12:30pm - 1:30pm	Cardio / Sculpt CJ 5:30pm - 6:30pm				Meditation Nicole & Hugh 4:00pm - 5:00pm	
	Totally Pumped Jacey 5:30pm - 6:30pm		Stretch Connect Cheryl A. FEE Class 6:30pm - 7:30pm	Totally Pumped CJ 5:30pm - 6:30pm			