

## GROUP FITNESS SCHEDULE 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	AEROBICS STEVE	STEP II - III TYRONE	BODY CONDITIONING DIANA	STICK AEROBICS DONOVAN	TOTAL BODY SCULPT RUEL		
7:00am	ABS. TYRONE	PILATES SUSAN	ABS. KURT	PILATES DEBORAH	ABS. ZOE		
8:00am	STICK AEROBICS DONOVAN	TRX BODY SCULPT RUEL	CARDIO KICKBOXING ANDRO	B.O.S.U. KURT	ZUMBA SHANI	8:30a.m. 30 MIN. ABS. RUEL	
9:15am	BODY SCULPT TYRONE	INSANITY KURT	STEP & SCULPT TYRONE	30/30 DIANA	BUNS & TUMS TYRONE	ADVANCED STEP TYRONE	
10:15am	STRETCH MAX KEITH S.	CARDIO KICKBOXING ORAL	TRIM TIGHTEN TONE / TRX KEITH S.	HI/ LOW BLAST ORAL	TRIM TIGHTEN TONE KEITH S.	CARDIO SCULPT- BODY PUMP/ AQUA SHANIQUE/KURT	10:30a.m. YOGA ZOE
11:30am	GOLD'N FIT MADGE	PILATES ON THE BALL SUSAN	GOLD'N FIT MADGE	PILATES SUSAN	"RADDY" RICH DANCE FUSION RICHARD	GUEST APPEARANCE GUEST	
12:30pm						YOGALATES SUSAN	
						3:00 p.m. DANCEHALL CHELSHA	
5:00pm	ABS. RUEL	AB. RIPPER X KURT	STRETCH IT ZOE	ABS ON THE BALL TYRONE	POWER ABS. KURT		
5:30pm	BEGINNER'S STEP RUEL	DANCEHALL VIBES CRAIG	30/30 TYRONE	BODY SCULPT SHANIQUE	DANCEHALL SOCA ANDRO		
6:30pm	30/30 with TRX KURT	ADVANCED STEP TYRONE	B.O.S.U. KURT	STEP II-III DAVE	BELLY DANCING SAFI		
7:30pm	CARDIO KICKBOXING ORAL	PILATES SUSAN	CARDIO KICKBOXING ORAL	YOGA SUSAN	LATIN KEITH		
8:30pm	30 MIN. ABS. ORAL		30 MIN. ABS. ORAL				
			10:30 p.m. TRXtreme KEITH S.				

