

# GROUP EXERCISE SCHEDULE - WINTER 2012

SPORT FIT STUDIO	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
	5:30A	Total Body Conditioning		Kickboxing		Kettlebell Bootcamp	7:30A		
	8:15A	Kickboxing	Sculpt Amp'd		Sculpt Amp'd	Kickboxing	8:35A		
	9:20A						9:40A	TRX +	
	10:25A		TRX Body BLAST		KB Body BLAST		10:45A	Try It Class 2nd Sat/month	
	12:30P	TRX Erin							NOTE: TRX + is an advanced class held on Monday nite and Saturday AM.
	4:30P								
	5:35P		Kickboxing	Kettlebell Bootcamp	Kickboxing				
	6:40P	TRX +	Hip Hop	TRX					
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday	
5:30A		RoadFit Cycle		RoadFit Cycle	Sunrise Cycle				
6:30A						7:30A	Cycle	Class will alternate "freestyle" and RPM based on rotating instructor! See ROTATION schedule for details!	
8:15A			Cycle			9:00A	YOGA		
9:20A	Core Lite	Group Cycle	YOGA	Group Cycle	Butts n' Guts				
10:25A									
4:30P	YOGA		YOGA		YOGA				
5:35P			Core Complete				Please refer to YOGA SCHEDULE for more details on		
6:40P		YOGA		YOGA					
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday	
9:00A	Aqua Fit	Aqua Intense	Aqua Fit	Aqua Intense	Aqua Dance	8:30A	Aqua Intense		
4:30P		H2O Challenge							
5:30P		Aqua Fit		Aqua Fit				1/9/2012	





