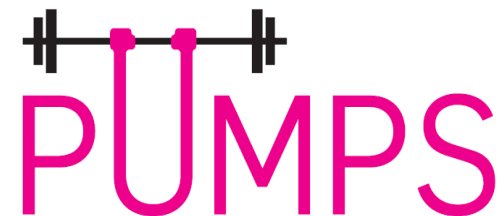


GROUP X SCHEDULE

****ALL SUBS ARE POSTED ON THE WHITE BOARD IN GROUP X HALLWAY****

MON	TUES	WED	THURS	FRI	SAT	SUN
5:35AM PEDAL & PUMP DEB	5:35AM SPIN WILSTON	5:35AM BODY PUMP CARISSA	5:35AM PEDAL & PUMP DEB	5:35AM BODY PUMP KIM M.	8:00AM SPIN MICHELLE	8:00AM SPIN CHRISSIE
8:00AM CIRCUIT FUSION KIM M.	8:00AM SPIN KIM M.	8:00AM BODY PUMP KIM I.	8:00AM CARDIO MUSCLE MICHELLE	8:00AM BODY PUMP KIM M.	8:00AM FUSION FIT NICHOLE	9:00AM BODYPUMP KATE
9:00AM CHISEL DANIELLE	9:00AM BODY PUMP KIM M.	9:00AM CIRCUIT FUSION DEB	9:00AM SPIN DANIELLE	9:00AM SPIN KIM M.	9:00AM SPIN NICHOLE	10:00AM DISCO STEP KATE (45 MINS)
10:00AM SPIN DANIELLE	10:00AM PILATES + MARTA	10:00AM STRETCH (30 Mins) DEB	10:00AM PILATES DANIELLE	9:00AM BODY BARRE DANIELLE	9:00AM CHISEL/PILATES MICHELLE	
10:00AM PILOXING MARTA (45 MINS)	4:30PM SPIN DEB	4:30PM KICKBOXING DANIELLE	4:30PM FUSION FIT CANDACE	10:00AM STRETCH (30 MINS) DANIELLE	10:00AM ZUMBA YELENA	
4:30PM ROCK BOTTOM MICHELLE Z.	5:30PM CHISEL DEB	5:00PM CHISEL EXPRESS DANIELLE	5:30PM SPIN CANDACE			
5:00PM POWER ABS MICHELLE Z.	6:30PM DRUMS ALIVE ALICIA (45 MINS)	5:30PM SPIN DANIELLE	5:30PM CARDIO DANCE MARTA			
5:30PM SPIN NICHOLE	7:15PM BODY PUMP KATE	5:30PM ZUMBA TONING YELENA	6:30PM DRUMS ALIVE ALICIA (45 MINS)			
5:30PM ZUMBA YELENA		6:30PM BODY BARRE DANIELLE				
6:30PM FUSION FIT NICHOLE						



REAL FITNESS FOR WOMEN!

*All recent changes are **bold**. *Schedule is subject to change based on class attendance, the degree of drama we feel like creating and/or a myriad of unforeseen circumstances. Yes, life is full of surprises.

All classes are included with memberships