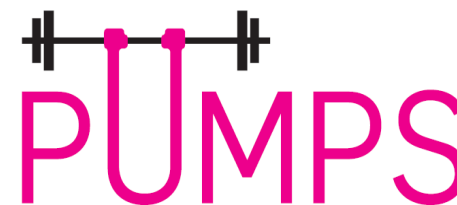


# GROUP X SCHEDULE

**\*\*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 SARAH	5:35AM PEDAL & PUMP DEB	5:35AM BODY PUMP KIM M.	7:00AM SPIN WILSTON	8:00AM SPIN CHRISIE
8:00AM CIRCUIT FUSION KIM M.	8:00AM SPIN KIM M.	8:00AM BODY PUMP KIM I.	8:15AM KICKBOX/CHISEL DANIELLE (45 MIN)	8:00AM BODY PUMP KIM M.	8:00AM SPIN MICHELLE	9:00AM BODYPUMP SARAH
9:00AM CHISEL DANIELLE	9:00AM BODY PUMP KIM M.	9:00AM SPIN DEB (30 MINS)	9:00AM SPIN DANIELLE	9:00AM SPIN KIM M.	8:00AM FUSION FIT DANIKA	10:00AM STEP MARY (45 MINS)
10:00AM SPIN DANIELLE	10:00AM PILATES FUSION MARTA	9:30AM CHISEL EXPRESS DEB (30 MINS)	10:00AM PILATES DANIELLE	9:00AM TONE & SCULPT DANIELLE	9:00AM CHISEL/PILATES MICHELLE	
10:00AM PILOXING MARTA (45 MINS)	4:30PM SPIN MARY L.	10:00AM STRETCH DEB (30 MINS)	4:30PM BODY PUMP CHRISTINE	10:00AM STRETCH DANIELLE (30 MINS)	10:00AM ZUMBA YELENA	
4:30PM ROCK BOTTOM MICHELLE Z.	5:30PM CHISEL DANIKA	4:30PM CARDIO MUSCLE JODI	5:30PM SPIN DANIKA			
5:00PM POWER ABS MICHELLE Z.	6:30PM DRUMS ALIVE ALICIA (45 MINS)	5:30PM SPIN JODI	6:30PM DRUMS ALIVE ALICIA (45 MINS)			
5:30PM SPIN NICHOLE	7:15PM CHISEL JODI	5:30PM ZUMBA TONING YELENA				
5:30PM ZUMBA YELENA		6:30PM TONE & SCULT MICHELLE				
6:30PM FUSION FIT NICHOLE						



REAL FITNESS FOR WOMEN!

\*All recent changed 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.