

## GROUP EXERCISE SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
Butts & Guts 5:30AM Jane  LESMILLS <b>sprint</b> 6AM Jane	Tabata Strength 5:30AM Elizabeth  LESMILLS <b>sprint</b> 8:30AM Patty  Butts & Guts 9AM Patty	Butts & Guts 5:30AM Jane  LESMILLS <b>sprint</b> 6AM Jane  Power Ride Express 7AM Laura T.  LESMILLS <b>BODYPUMP</b> 7:30AM Laura T.  Pilates 8:30AM Maureen	Tabata Strength 5:30AM Elizabeth  Pilates/Barre 8:30AM Patricia  LESMILLS <b>sprint</b> 8:30AM Patty  Butts & Guts 9AM Patty  ZUMBA 9:45AM Patricia	LESMILLS <b>BODYCOMBAT</b> 5:30AM Kerry  Rise & Ride 5:30AM Elizabeth  LESMILLS <b>sprint</b> 8:30AM Maureen  Butts & Guts 9AM Maureen  Power Yoga 9:30AM LoriAnn  Easy Fit Strength 11AM Carolina	LESMILLS <b>BODYPUMP</b> 8:00AM Laura J.  LESMILLS <b>sprint</b> 9:00AM Carolina  LESMILLS <b>BODYCOMBAT</b> 9:00AM Thomas  ZUMBA 10:00AM Carolina
LESMILLS <b>sprint</b> 9AM Maureen  Butts & Guts 9:30AM Maureen  ZUMBA 10AM Patricia  Easy Fit Strength 11AM Maureen	20/20/CORE 9AM Carolina  ZUMBA 10AM Carolina  Gentle Yoga 11AM Gail	Pilates 8:30AM Maureen  Easy Fit Balance 11AM Carolina/Maureen	ZUMBA 9:45AM Patricia  Tai Chi 11AM Mike  Power Ride (45min) 6PM Ashley  Pilates 6PM Maureen  Rest & Renew Yoga 7PM LoriAnn	Easy Fit Strength 11AM Carolina	LESMILLS <b>BODYCOMBAT</b> 8AM Kerry  Power Ride (45min) 9AM Jane  Pilates/Barre 9:30AM Patricia
ZUMBA 5:30PM Carolina  LESMILLS <b>BODYPUMP</b> 6:30PM Laura T.	Wheels of Steel 6PM Laura J.  LESMILLS <b>BODYCOMBAT</b> 6PM Kerry	LESMILLS <b>sprint</b> 6PM Carolina  Body Sculpt (45 min) 6:30PM Carolina	Rest & Renew Yoga 7PM LoriAnn		LESMILLS <b>BODYCOMBAT</b> 8AM Kerry  Power Ride (45min) 9AM Jane  Pilates/Barre 9:30AM Patricia