

Aerobic Schedule

August 23 - October 24, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 am Blast (Rhonda)	5:30 - 6:15 am Cycle It (Sarah)	5:15 - 5:45 am Got Game? (Amanda)	5:30 - 6:15 am Cycle It (Sarah)	5:15 - 6:00 am Blast (Kristi)		
9:00 - 10:15 am Power Muscle (Sarah)	9:00 - 9:45 am Tabota Boot Camp (Cristal)	5:45 - 6:00 am Abs (Amanda)	9:00 - 9:45 am Tabota Boot Camp (Cristal)	9:00 - 10:15 am Power Muscle (Sarah)	9:00 - 9:45 am Boot Camp (Cristal)	
	9:30 - 10:30 am Cycle (Susie)	6:00 - 6:30 am Bosu Belly (Amanda)	9:30 - 10:30 am Cycle (Susie)		9:45 - 10:00 am Rhythm & Weights (Barry)	
	9:45 - 10:15 pm Piltes (Cristal)	9:00 - 10:15 am Power Muscle (Sarah)	9:45 - 10:15 pm Piltes (Cristal)		10:00 - 11:00 am Zumba (Barry)	
10:30 - 11:30 am Silver Sneakers MSROM (Janae)	10:30 - 11:15 am Silver Splash (Cristal)	10:30 - 11:30 am Silver Sneakers MSROM (Janae)	10:30 - 11:15 am Silver Splash (Cristal)	10:30 - 11:30 am Silver Sneakers Cardio Circuit (Janae)	11:00 - 11:20 am Zumba Basics (Barry)	12:45 - 1:00 pm Rhythm & Weights (Barry)
			11:00 - 11:45 am Super Gentle Yoga (Tanya)	12:30 - 1:20 pm Yoga Therapy (Alice)	11:00 - 12:00 pm Power Ride (Anthony)	1:00 - 2:00 pm Zumba (Barry)
	4:45 - 5:45 pm Power Muscle (Sarah)	5:15 - 5:30 pm Rhythm & Weights (Barry)	4:45 - 5:45 pm Power Muscle (Sarah)			3:00 - 4:00 pm Silver Sneakers Cardio Circuit (Janae)
5:45 - 6:00 pm Rhythm & Weights (Barry)	5:45 - 6:45 pm Zumba (Jessica)	5:30 - 6:30 pm Zumba (Barry)	5:45 - 6:45 pm Zumba (Jessica)	5:30 - 6:30 pm Zumba (Jessica)		4:15 - 5:15 pm Kickbox (Michelle)
6:00 - 7:00 pm Zumba (Barry)	6:45 - 7:30 pm Boot Camp (Cristal)		6:45 - 7:30 pm Boot Camp (Cristal)			
7:15 - 8:00 pm H2O Boot Camp (Cristal)	7:30 - 8:30 pm Kickbox (Michelle)	7:15 - 8:00 pm Water Aerobics (Cristal)				