

Group Fitness Schedule

Monday 11/29/2010	Tuesday 11/30/2010	Wednesday 12/1/2010	Thursday 12/2/2010	Friday 12/3/2010	Saturday 12/4/2010	Sunday 12/5/2010
Group Cycling (9C) 6:00 - 7:00 AM Brighty ----- Every "Body" Boot Camp (9A) 6:00 - 7:00 AM Zack ----- Karate (9D) 10:45 - 11:45 AM Gary	Group Cycling (9C) 6:00 - 7:00 AM Tim ----- Group Power (9A) 6:00 - 7:00 AM Luz	Group Cycling (9C) 6:00 - 7:00 AM Matthew ----- Extreme Boot Camp (9A) 6:00 - 7:15 AM Brighty ----- Karate (9D) 10:45 - 11:45 AM Gary	Barre Conditioning (8th Floor) 6:00 - 7:00 AM Melissa ----- Group Cycling (9C) 6:00 - 7:00 AM Anna/Holly ----- Chisel (9A) 6:00 - 7:00 AM Halima	Yoga Sculpt (9B) 6:00 - 7:00 AM Lynn ----- Group Cycling (9C) 6:00 - 7:00 AM Sonny	Sports Training (9A) 9:00 - 10:00 PM Laura	
Zumba (9A) 11:30 - 12:15 PM Lexi ----- CORE Express (9D) 11:45 - 12:15 PM Laura ----- Group Cycling (9C) 12:00 - 1:00 PM Art ----- TRX & Kettlebells (9D) 12:15 - 1:00 PM Kyle ----- Group Power (9A) 12:15 - 1:15 PM Laura	Group Cycling (9C) 11:30 - 12:30 PM Katie ----- Cardio Chisel (9A) 11:30 - 12:15 PM Cherith ----- Sports Training (6th floor) 12:00 - 1:00 PM Petra ----- Group Kick (9A) 12:15 - 1:15 PM Laura ----- Boxing 101 (9D) 12:15 - 1:15 PM Scott F.	BOSU BLAST Ski/Snowboard Conditioning (9A) 11:30 - 12:15 PM Katie ----- CORE Express (9D) 11:45 - 12:15 PM Lindsey ----- Zip (7th Floor) 12:00 - 12:30 PM Stephanie ----- Group Cycling (9C) 12:00 - 1:00 PM Brian ----- Plyometrics (9A) 12:15 - 12:45 PM Zack ----- TRX Circuit (9D) 12:15 - 1:00 PM Lindsey	Group Cycling (9C) 11:30 - 12:30 PM Matthew ----- Circuit Training (9A) 11:30 - 12:15 PM Lindsey/Jordan ----- Sports Training (6th Floor) 12:00 - 1:00 PM Petra ----- Barre Conditioning (9D) 12:15 - 1:15 PM Chessa ----- Zumba (9A) 12:15 - 1:00 PM Toni	Tabata Training (9A) 11:30 - 12:05 PM Zack ----- CORE Express (9D) 11:45 - 12:15 PM Laura ----- Group Cycling (9C) 12:00 - 1:00 PM Jordan ----- Every "Body" Boot Camp (9D) 12:15 - 1:15 PM Zack ----- Group Power (9A) 12:15 - 1:15 PM Dena		
CORE Express (9D) 5:00 - 5:30 PM Nate ----- Group Power (9A) 5:30 - 6:30 PM Lindsey ----- Group Cycling (9C) 5:30 - 6:30 PM Jon ----- TRX Circuit (9D) 6:15 - 7:00 PM Jonathan	CORE Express (9D) 5:00 - 5:30 PM Lindsey ----- Sports Training (9A) 5:30 - 6:30 PM Lindsey ----- Group Cycling (9C) 5:30 - 6:30 PM Tammy	CORE Express (9D) 5:00 - 5:30 PM Joni ----- Cycle-Yoga (9C/9B) 5:30 - 6:35 PM Brett ----- Balletone (9A) 5:30 - 6:30 PM Joni ----- TRX Circuit (9D) 6:15 - 7:00 PM Jonathan	Group Cycling (9C) 5:30 - 6:30 PM Jon ----- Sports Training (9A) 5:30 - 6:30 PM Eliza ----- Boxing 101 (9D) 5:30 - 6:30 PM Laura ----- CORE Express (9A) 6:30 - 6:45 PM Eliza			

Group Fitness Schedule

Monday 12/6/2010	Tuesday 12/7/2010	Wednesday 12/8/2010	Thursday 12/9/2010	Friday 12/10/2010	Saturday 12/11/2010	Sunday 12/12/2010
Every "Body" Boot Camp (9A) 6:00 - 7:00 AM Zack Group Cycling (9C) 6:00 - 7:00 AM Brighty Karate (9D) 10:45 - 11:45 AM Gary	Group Power (9A) 6:00 - 7:00 AM Luz Group Cycling (9C) 6:00 - 7:00 AM Tim	Group Cycling (9C) 6:00 - 7:00 AM Matthew Extreme Boot Camp (9A) 6:00 - 7:15 AM Brighty Karate (9D) 10:45 - 11:45 AM Gary	Barre Conditioning (8th Floor) 6:00 - 7:00 AM Melissa Group Cycling (9C) 6:00 - 7:00 AM Anna/Holly Chisel (9A) 6:00 - 7:00 AM Halima	Group Cycling (9C) 6:00 - 7:00 AM Sonny Yoga Sculpt (9B) 6:00 - 7:00 AM Lynn	Sports Training (9A) 9:00 - 10:00 PM Laura	
Zumba (9A) 11:30 - 12:15 PM Lexi CORE Express (9D) 11:45 - 12:15 PM Laura Group Cycling (9C) 12:00 - 1:00 PM Art TRX & Kettlebells (9D) 12:15 - 1:00 PM Kyle Group Power (9A) 12:15 - 1:15 PM Laura	Cardio Chisel (9A) 11:30 - 12:15 PM Cherith Group Cycling (9C) 11:30 - 12:30 PM Katie Sports Training (6th floor) 12:00 - 1:00 PM Petra Boxing 101 (9D) 12:15 - 1:15 PM Scott F. Group Kick (9A) 12:15 - 1:15 PM Laura	BOSU BLAST Ski/Snowboard Conditioning (9A) 11:30 - 12:15 PM Katie CORE Express (9D) 11:45 - 12:15 PM Lindsey Group Cycling (9C) 12:00 - 1:00 PM Brian Zip (7th Floor) 12:00 - 12:30 PM Stephanie Plyometrics (9A) 12:15 - 12:45 PM Zack TRX Circuit (9D) 12:15 - 1:00 PM Lindsey	Group Cycling (9C) 11:30 - 12:30 PM Matthew Circuit Training (9A) 11:30 - 12:15 PM Lindsey/Jordan Sports Training (6th Floor) 12:00 - 1:00 PM Petra Zumba (9A) 12:15 - 1:00 PM Toni Barre Conditioning (9D) 12:15 - 1:15 PM Chessa	Tabata Training (9A) 11:30 - 12:05 PM Zack CORE Express (9D) 11:45 - 12:15 PM Laura Group Cycling (9C) 12:00 - 1:00 PM Jordan Every "Body" Boot Camp (9D) 12:15 - 1:15 PM Zack Group Power (9A) 12:15 - 1:15 PM Dena		
CORE Express (9D) 5:00 - 5:30 PM Nate Group Cycling (9C) 5:30 - 6:30 PM Jon Group Power (9A) 5:30 - 6:30 PM Lindsey TRX Circuit (9D) 6:15 - 7:00 PM Jonathan	CORE Express (9D) 5:00 - 5:30 PM Lindsey Sports Training (9A) 5:30 - 6:30 PM Lindsey Group Cycling (9C) 5:30 - 6:30 PM Tammy	CORE Express (9D) 5:00 - 5:30 PM Joni Cycle-Yoga (9C/9B) 5:30 - 6:35 PM Brett Balletone (9A) 5:30 - 6:30 PM Joni TRX Circuit (9D) 6:15 - 7:00 PM Jonathan	Sports Training (9A) 5:30 - 6:30 PM Eliza Boxing 101 (9D) 5:30 - 6:30 PM Laura Group Cycling (9C) 5:30 - 6:30 PM Jon CORE Express (9A) 6:30 - 6:45 PM Eliza			