

Marcus Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:50 AM	Boot Camp \$ Robbie		Boot Camp \$ Grant		Boot Camp \$ DeAnne
7:30 AM	Boot Camp \$ Robbie		Boot Camp \$ Grant		Boot Camp \$ DeAnne
8:30 AM	ZUMBA Danna		BODYSTEP Cara	ZUMBA Karen D	
9:45 AM		BODYATTACK Dana		BODYCOMBAT DeAnne	
11:00 AM		CXWORX Grant			

Total Health Group Ex Schedule:

April 2 - May 28, 2012

Spin - #127

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45 AM	Spinning Jen		Spinning Phil	S.H.O.C.K. Jen	Spinning Donna	8:30 AM		Spinning Grant
11:00 AM				Spinning Laura		9:00 AM	Spin-45 John	
6:45 PM	Spinning Laura		Spinning Greg					

Upstairs Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
6:00 AM				BODYPUMP Lindsey		9:00 AM	BODYPUMP Michelle	
7:15 AM		BODYPUMP Maureen		BODYFLOW Cara		10:00 AM	BODYSTEP Dana Cara	All Abs Libby
8:30 AM	BODYPUMP Karen G	BODYVIVE Maureen	Core Motion Dana	BODYPUMP Michelle	BODYSTEP Dana	10:15 AM	↓	Super Sculpt Libby
9:45 AM	Core Attack Robbie	Low & Light Maureen	BODYPUMP DeAnne	Low & Light Karen D	BODYPUMP Cara Grant	11:00 AM	BODYFLOW Cara	↓
11:00 AM	Yoga Kathryn	Tai Chi 1 Sam	Yoga Kathryn	Tai Chi 2 Sam	Yoga Kathryn	11:30 AM	↓	Yoga Basics and More Judith
12:15 PM	BODYPUMP Stephanie	Yoga **12-1:00 pm Carol B	Super Sculpt Chris	Yoga **12-1:00 pm Karen G	CXWORX Cara	12:05 PM	BODYPUMP Maureen Leah	↓
4:20 PM	Mat Pilates Esther	BODYFLOW Cara	BODYCOMBAT Robbie	Mat Pilates Karen D	BODYSTEP Michelle	12:35 PM	↓	BODYPUMP Lindsey
5:25 PM	BODYCOMBAT DeAnne	BODYPUMP Cara	BODYSTEP Dana	BODYPUMP Grant		1:15 PM	BODYFLOW Karen G	↓
6:30 PM	BODYPUMP Grant	ZUMBA Kendrick	Super Sculpt Libby	ZUMBA Marcela		3:45 PM		CXWORX Leah
7:35 PM		Mind Body Balance Judith	KRAV MAGA \$	Yoga Basics and More **IN FINE STUDIO Judith		4:30 PM		BODYCOMBAT **NEW TIME! Robbie