



April -September Class Schedule



Schedule will run Apr.1- Sept.30, 2010(Please notice the key at the bottom of the page)

*Indicate classes that are an additional charge ***This schedule is subject to change based on attendance in classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpting	5:50-6:30 AM		5:50-6:30 AM		5:40-6:30 AM	
Body Toning Plus	8:00-9:00 AM		8:00-9:00 AM		8:00-9:00 AM	
*Boot Camp		6-7AM or 6-7PM		6-7AM or 6-7PM		
Calorie Killer	9:15-10:15 AM		9:15-10:15 AM			
Intervals	5:30-6:30 PM		5:30-6:30 PM			
Kickboxing		9:05-10:30 AM		9:05-10:30 AM		
*Kinderdance I						10:35-11:20 AM
*Kinderdance 2						9:00-9:45 AM
*Kindertots						10:00-10:30 AM
Latin Dancercise Beginner		7:40-9:10 PM				
Latin Dancercise Introduction						11:30-12:30 PM
Latin Dancercise Intermediate				7:40-9:10 PM		
Low Impact	12:45-1:45 PM		12:45-1:45 PM			
Pilates	9:15-10:15 AM	11:35-12:35 PM	9:15-10:15 AM	11:35-12:35 PM	9:15-10:15 AM	7:00-8:00 AM
	6:35-7:35 PM	6:35-7:35 PM	6:35-7:35 PM	6:35-7:35 PM		
*Running Club		5:45 AM		5:45 AM		7:00 AM
Step and Tone		10:30-11:30 AM		10:30-11:30 AM		
Strength Training					9:05-10:30 AM	
Stretching for Health		12:45-1:30 PM		12:45-1:30 PM		
*Taekwondo		5:30-6:30PM		5:30-6:30PM	5:00-6:00 PM	
		6:30-7:30 PM		6:30-7:30 PM	6:00-7:00 PM	
*Hatha Yoga Flow		7:00-8:00 AM		7:00-8:00 AM		
*Prenatal Yoga	6:30-7:30 PM		6:30-7:30 PM			
Yoga		8:15-9:15 AM		8:15-9:15 AM		8:05-9:00 AM
	7:45-8:45 PM		7:45-8:45 PM			