

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:30am					Andrea (US)	7:45am	Megan (MG)	
6:00am	Andrea (MG)	Andre (MG) Vickie (US)	Amber (MG)	Laura (MG) Vickie (US)	Andre (MG)		PiYo Instructor Rotation (US)	<--3 & 4 Sat of the month <--1 & 2 Sat of the month
6:30am					Andrea (US)		Instructor Rotation (US)	
7:15am		Nancy (US)		Nancy (US)		9:00am	Jen E. (MG) 9:00 Andrea (US)	
8:00am	Denise (MG)				JoAn (MG)		For Runners	<--3 & 4 Sat of the month
9:00am	9:15am Andre (MG)	Megan (MG)	9:15am Andrea (MG)	Megan (MG)	9:15am Andrea (MG)		PiYo Instructor Rotation (Classroom 3)	<--1 & 2 Sat of the month
12:00pm	Amber (MG) Sara (US)	BEGINNING Tamela (US)	Jason (MG) 12:15pm Amber (US)	BEGINNING Lisa (US)	Amber (MG) Tamela (US)	9:35am	Andrea (US)	
4:15pm	4:00pm Laura (MG)	Andrea (MG)	Laura (MG)	Danelle (MG)		10:05am	Dorian (MG)	
4:25pm	4:15pm Peggy (US)		4:15pm Peggy (US)			10:30am	Angie (MG)	
4:45pm				Jennifer (US)		10:40am	Claudia (US)	
5:00pm	5:00pm Laura (MG)					11:35am	Tom (MG)	
5:30pm	5:35pm Danelle (MG) Cathy (US)	Laura (MG) PiYo 5:35pm Kimberlie (US)	Jen (MG) 6:00pm Amanda (US)	Brenda (MG) 5:35pm Danelle (US)		11:45am	Dawn (US)	
6:35pm		Denise (MG)		Lindsay (MG)		2:45pm	Danelle (US)	Danelle (US)
6:45pm	Jose (MG)	Carrie/Jamelle (US)	Dawn (MG)			4:00pm	Tina (MG)	Danelle (US)
	Danelle (US)							Danelle (US)
7:00pm			7:05pm Carrie (US)	Brenda (US)		5:15pm		Sara/Jennifer (MG)
8:00pm	Sara (US)	Jamelle (US)		8:10pm Jamelle (US)			KEY: US= Upstairs Studio MG= Members Gym	
8:15pm			Anna (US)				Updated : 1/26/12	

UPSTAIRS STUDIO & MEMBERS GYM