

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:45am					Pump & Run Joe (US)	7:45am	BODYPUMP Megan (MG)	
6:00am	BODYPUMP Andrea (MG)	BODYSTEP Joe (MG) YOGA Vickie (us)	BODYPUMP Joe (MG)	BODYSTEP Joe (MG) YOGA Vickie (us)	BODYATTACK Andre (MG)		YOGA Instructor Rotation (US)	
6:45am		BACK TO ABS Rob (Riverview room)				9:00am	BODYPUMP Jen E. (MG)	
7:15am		Yoga/Pilates Nancy (US)		Yoga/Pilates Nancy (US)			BODYSTEP Andrea (US)	
8:00am	CORE BODY STRENGTH Kim (MG)						YOGA For Runners Instructor Rotation (Classrooms)	
9:00am	BODYATTACK 9:15 Andre (MG)	BODYPUMP Megan (MG)	BODYSTEP 9:15 Andrea (MG)	BODYPUMP Megan (MG)	BODYSTEP 9:15 Andrea (MG)	10:05am	BACK to ABS Amanda (MG)	
12:00pm	BODYPUMP Amber (MG) ZUMBA Nancy (US)	BEGINNING YOGA Lisa (US)	BODYPUMP Amber(MG) ZUMBA Jenn (US)	BEGINNING YOGA Kandy (US)	BODYPUMP Jason (MG) YOGA Kim (US)	10:15am	Turbo Twerk Ryann (US)	
4:15pm	BODYATTACK 4:00 Laura (MG)	BODYPUMP Andrea (MG)	BODYSTEP Laura(MG)	BODYPUMP Andrea (MG)		11:35am	BODYJAM Kendra (US)	
4:25pm	Fit Kidz 4:15pm Tina (US)	BODYJAM Kendra (US)	Fit Kidz 4:15pm Tina (US)	Turbo Twerk Nikki (US)		4:00pm		
5:05pm	BACK to ABS Laura (MG)					4:00pm		BODYJAM Sonya (US)
5:30pm	BODYSTEP Joe (MG) YOGA 5:15 Cathy (US)	BODYATTACK Laura (MG) YOGA Kim (US)	BODYPUMP Jen(MG) Turbo Twerk Amanda (US)	BODYSTEP Laura (MG)	BODYPUMP 5:15 Ryann (US)	5:15pm		BODYPUMP Tina (MG) BODYFLOW Brianna (US)
6:30pm	BODYPUMP Golda (US)	BACK to ABS 6:35 Laura (MG)		BACK to ABS 6:35 Amanda (MG)				
6:45pm	ZUMBA Jose (MG)	Turbo Twerk Nikki (US)	ZUMBA Jose (MG)					
7:00pm			BODYJAM Angie (US)	BODYATTACK Brenda (US)				
7:35pm	BODYJAM <i>Technique 1st Mon. of Month Only</i>							
8:00pm	BODYJAM Angie (US)	BODYPUMP Jamelle (US)	BODYATTACK Andrea (US)					
8:10pm				BODYPUMP Jamelle (US)				

UPSTAIRS STUDIO & MEMBERS GYM

KEY:

US= Upstairs Studio
MG= Members Gym

3/5/2010