

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)		Instructor Rotation (US)	
6:45am		BACK to ABS Rob (Riverview room)				9:00am	BODYPUMP Jen E. (MG)	
7:15am		Pilates Nancy (US)		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)	BEGINNING YOGA Kandy (US)	BODYPUMP Jason (MG) YOGA Kim (US)	10:30am	TURBO TONIC Amanda (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 Peggy (US)	BODYJAM Kendra (US)	Fit Kidz 4:15pm Peggy (US)	TURBO TONIC Claudia (US)		1:30pm	TURBO TONIC Nikki (US)	
5:05pm	BACK to ABS Laura (MG)					4:00pm	BODYJAM Sonya (US)	
5:30pm	BODYSTEP Danelle (MG) YOGA 5:15 Cathy (US)	BODYATTACK Laura (MG) YOGA Kim (US)	BODYPUMP Jen(MG)	BODYSTEP Laura (MG) BODYFLOW Danelle 5:35pm (US)	BODYPUMP 5:30pm (US)	4:00pm	BODYPUMP Tina (MG)	
6:00pm			TURBO TONIC Amanda (US)			5:15pm	BODYFLOW Danelle(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 TONIC Nikki (US)	ZUMBA Jose (MG)					
7:00pm			BODYATTACK Angie (US)	BODYATTACK Brenda (US)				
7:35pm	BODYJAM <i>Technique 1st Mon. of Month Only</i>		Starting ↑ 7/28					
8:00pm	BODYJAM Angie (US)	BODYPUMP Janelle (US)						
8:10pm				BODYPUMP Janelle (US)				

UPSTAIRS STUDIO & MEMBERS GYM

7/15/2010

KEY:

US= Upstairs Studio
MG= Members Gym