



Club Hours:
M-Fri 6:00am – 9pm
Sat. 7:00am- 6pm
Sun 8:00am–6pm

Basic Schedule

Begins May 11th, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:30-7:30am Boot Camp Wendy R-1		8:20–9:00am Body Sculpt Kathy M. R-1
9:30-10:45am Step & Sculpt Nadine R-1	9:15-10:15am PiYo Kim R-1	9:15-10:30am Total Body Mix Patty M. R-1	9:00-10:00am Tai Chi Nick R-5	9:15-10:30am Step & Tabata Kris R-1	9:00-10:00am PiYo Kim R-2
10:15-11:15am Run & Stretch Kris Turf & R-4	10:15-11:15am Pump Patty M. R-1		9:15-10:15am P90x Kim R-1		9:30-10:30am Pump Instructor Rotation R-1
			10:15-11:15am Pump Nadine R-1		
6:30-7:15pm Body Sculpt Kathy R R-1	6:00-7:00pm Ball Strength Sue/Kathy R-1				

R-1 upstairs hall 1st room, R-2 upstairs hall 2nd room, R-5 locker room level