



'The best hour of your day'

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-930AM BODY BLAST RIKKI					730-830AM BOOTCAMP KLAUDIA	9:00-10:00 Total Body Conditioning Rikki
9:30-10:30 BODY SCULPT (BYOW) LIZ	9:30-10:30 TOTAL BODY CONDITIONING LIZ	9:30-10:30 BODY SCULPT (BYOW) LIZ	9:30-10:30 TAE BO ANTHONY	9:30-10:30 BODY SCULPT (BYOW) RIKKI	8:30-9:30 TOTAL BODY CONDITIONING LIZ	10:00-11:00 Zumba Isaac
1030-1130 *PILOXING JEANNE (PRIVATE PROGRAM)	11AM-1145AM 2/3's BALLET/HIP HOP LIZ		10:30-11:30 ZUMBA ISAAC	1030-11AM BUTTS/GUTTS RIKKI	9:30-10:30 ZUMBA ISAAC	
				1-145PM 3-4's HIP HOP/BALLET LIZ	1030-130PM ADRENALYN PRACTICE	
			230-315PM 5-6's HIP HOP LIZ			
430-530PM ADRENALYN YELLOW TEAM LIZ	4:15-5PM 6-9YRS BALLET/HIP HOP CLIFF	4:30-5:30 8-12YRS STREET JAZZ LIZ	4:15-5PM 4.5-6YRS HIP HOP LIZ	4:30-5:30P 5-8YRS BREAKDANCE CLIFF		
5:30-6:30 10-14's HIP HOP LIZ	5-545PM 8-12YRS HIP HOP TRICKS CLIFF	530-630PM CHEER/POMS 10-14YRS GIA	5PM-545PM 7-9's HIP HOP LIZ	530-630PM 9-13YRS BREAKDANCE CLIFF		
6:30-7:30 CARDIO HIP HOP LIZ	545-630PM 10-14YRS LEAPS/TURNS CECE	6:30-7:30 CARDIO HH LIZ	545-645PM 10-14's STREET JAZZ GIA			
7:30-8:30PM TAE BO ANTHONY	630-730PM ADRENALYN	7:30-8:30 BOOTCAMP RIKKI	6:45-7:45 ZUMBA KAREN			
	730-830PM TOTAL BODY CONDITIONING ANTHONY		7:45-8:45 BELLY DANCE BRIE			
	830-930pm ZUMBA ISSAC					

- Adult classes
- Children's classes

FEBRUARY 2012