



Studio Schedule

Early Winter Session (Oct. 31 – Dec. 18, 2010)



SUNDAY	MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 6:45 am Cycling Carol		6:00 – 6:45 am Adv. Body Conditioning Laura	6:00 – 6:45 am Cycling Carol	6:00 – 6:45 am Adv. Body Conditioning Laura	6:00 – 6:45 am Cycling Carol	
							7:30 – 8:15 am Cycling Andrea
	8:15 – 9:00 am Core and More Sarah		8:55 – 9:30 am Cycling Alison	8:15 – 9:00 am Core and More Sarah	8:55 – 9:30 am Cycling Alison	8:15 – 9:00 am Core and More Sarah	8:15 – 9:15 am Adv. Body Conditioning Brian
	9:00 – 9:30 am Circuit Training Elizabeth		9:30 – 10:00 am Amazing Abs Alison	9:00 – 9:30 am Circuit Training Elizabeth	9:30 – 10:00 am Amazing Abs Alison	9:00 – 9:30 am Circuit Training Elizabeth	9:15 – 10:15 am Rotational Classes Nov. 6 Boot Camp with Matt Nov. 13 Gliding Cardio with Jody (30 minute class) Nov. 20 Zumba with Cathy Nov. 27 Pi-Yo with Eileen Dec. 4 Boot Camp with Matt Dec. 11 Cardio Blast and Abs with Alison Dec. 18 Walking Workout with Amy
	9:35 – 10:35 am Pilates Annette			9:35 – 10:35 am Pilates Annette		9:35 – 10:35 am Pilates Annette	
			11:00 – 11:45 am Long and Lean Strength		11:00 – 11:45 am Long and Lean Strength	10:35 – 11:35 am Line Dancing Monique	
				2:30 – 3:30 pm Tai Chi for Physically Challenged Ann			
	5:30 – 6:30 pm Body Conditioning Judy						
	5:30 – 6:30 pm Muscle Recovery *AT DAEMEN COLLEGE*		5:30 – 6:30 pm Cycling Sue	5:30 – 6:30 pm Body Conditioning Judy	5:30 – 6:15 pm Cycling Brian	5:30 – 6:30 pm Down To The Core Brian	
	6:30 – 7:00 pm Kids Fit	7:00 – 7:30pm Kids Yoga	6:30 – 7:30 pm Tai Chi I Ann	6:30 – 7:00 pm Kids Fit	7:00 – 7:30pm Kids Yoga	6:45 – 7:45 pm Muscle Recovery Brian	
	6:30 – 7:30 pm Pi-Yo *AT DAEMEN COLLEGE* Eileen		7:30 – 9:00 pm Tai Chi II Ann		6:30 – 7:30 pm Pi-Yo *AT DAEMEN COLLEGE* Eileen	6:30 – 7:30 pm Easy Rider Cycling Brian	