



Studio Schedule

Early Spring Session Feb. 28 -May 1, 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 + 15 min. Upper Body Sarah	8:55 – 9:30 am Cycling Alison	8:15 – 9:00 am Core + 15 min. Upper Body Sarah	8:55 – 9:30 am Cycling Alison	8:15 – 9:00 am Core + 15 min. Upper Body Sarah	8:15 – 9:15 am Adv. Body Conditioning Brian
	9:00 – 10:00 am Fusion Mickey	9:30 – 10:00 am Amazing Abs Alison	9:00 – 10:00 am Fusion Mickey	9:30 – 10:00 am Amazing Abs Alison	9:00 – 10:00 am Fusion Mickey	
	10:15 – 11:15 am Boxing Workout Mickey		10:15 – 11:15 am Boxing Workout Mickey		10:30 – 11:30 am Line Dancing Monique	
	5:30 – 6:30 pm Body Conditioning Judy	11:00 – 12:00 noon Pilates Jody		11:00 – 12:00 noon Pilates Jody		
	5:30 – 6:30 pm Muscle Recovery *AT DAEMEN COLLEGE* Wick Building Room 113 Brian					
	6:30 – 7:00 pm Kids Fit Caitlin	5:30 – 6:30 pm Cycling Sue	5:30 – 6:30 pm Body Conditioning Judy	5:30 – 6:30 pm Cycling Brian	5:30 – 6:30 pm Down To The Core Brian	
	7:00 – 7:30pm Kids Yoga Caitlin	6:30 – 7:30 pm Tai Chi I Ann	6:30 – 7:00 pm Kids Fit Caitlin	6:30 – 7:30 pm Muscle Recovery Brian	6:30 – 7:30 pm Easy Rider Cycling Brian	
	6:30 – 7:30 pm Pi-Yo *AT DAEMEN COLLEGE* Wick Building Room 113 Eileen	7:30 – 9:00 pm Tai Chi II Ann	7:00 – 7:30pm Kids Yoga Caitlin	6:30 – 7:30 pm Pi-Yo *AT DAEMEN COLLEGE* Wick Building Room 113 Eileen		