

Group Exercise Schedule

April-June 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am						Mixed Level Yoga
8:30am						8:00-9:00 - Conf. B
9:00am		Yoga Core Strength		Yoga Core Strength		
9:30am		9:00-10:00 - Conf. B		9:00-10:00 - Conf. B		
10:00am		Cancer Yoga		Cancer Yoga		
10:30am		10:00-11:00 - Conf. B		10:00-11:00 - Conf. B		
11:00am						
11:30am						
12:00pm						
12:30pm						
1:00pm						
1:30pm						
2:00pm		Senior Fit		Senior Fit		
2:30pm		2:00-3:00 - Conf. B		2:00-3:00 - Conf. B		
3:00pm						
3:30pm						
4:00pm						
4:30pm	20-20-20	ABT Training	Boot Camp	Medicine Ball Training		
5:00pm	4:45-5:45 - Conf. B	5:00-5:45 - Conf. B	4:45-5:45 - Conf. B	5:00-5:45 - Conf. B		
5:30pm	Yoga I		Mixed Level Yoga	Mixed Level Yoga		
6:00pm	5:45-6:45 - Conf. B		5:45-6:45 - Conf. B	5:45-6:45 - Conf. B		
6:30pm						
7:00pm		Boot Camp		ABT Training		
7:30pm		7:00-8:00 - Conf. B		7:00-7:45 - Conf. B		
8:00pm						
8:30pm						