

# Aerobics Schedule

1/018/2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
8:00 AM Yoga <b>ROSANNA</b>	6:00 AM Bootcamp <b>LORI/DICK</b>	8:00 AM Yoga <b>ROSANNA</b>	9:00 AM Sculpting <b>LORI K</b>	9:00 AM TaiChi/Yoga <b>LARRY</b>	8:00 AM Drums Alive <b>ALI</b>	9:00 AM Step Fusion <b>DANIEL</b>
9:00 AM Sculpting <b>LISA</b>	9:00 AM Pilates <b>LISA</b>	9:00 AM Sculpting <b>LISA</b>	10:00 AM Zumba <b>ALI</b>	10:00 AM Cardio Tone <b>LARRY</b>	9:00 AM Sculpting <b>DANIEL</b>	10:00 AM Cardio Kettle <b>BOB</b>
10:00 AM TaiChi/Yoga <b>LARRY</b>	10:00 AM Zumba <b>ALI</b>	10:00 AM Cardio Kettle <b>BOB</b>	4:30 PM Zumba <b>MADELYN</b>	5:00 PM Zumba <b>MADELYN</b>	10:00 AM Cardio Kettle <b>DEBBY</b>	11:00 AM TaiChi/Yoga <b>LARRY</b>
4:30 PM Zumba <b>MADELYN</b>	4:30 PM Drums Alive <b>ALI</b>	4:30 PM Zumba <b>ALI</b>	5:30 PM Drums Alive <b>ALI</b>	6:00 PM Drums Alive <b>LORI F</b>	11:00 AM Yoga <b>KATHY</b>	
5:30 PM Turbo Kick <b>DEBBY</b>	5:30 PM Cardio Kettle <b>DEBBY</b>	5:30 -6:45 PM Turbo Kick <b>DEBBY</b>	6:30 PM Total Body <b>AARON</b>			
6:45 PM Yoga/Pilates <b>KATHY/ANGELA</b>	7:00 PM Yoga <b>MARY ANN</b>	7:00 PM Yoga <b>KATHY</b>				