

Aerobics Schedule

8/30/2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM Yoga ROSANNA	9:00 AM Pilates LISA	8:00 AM Yoga ROSANNA	9:00 AM Sculpting LORI K	9:00 AM TaiChi/Yoga LARRY	9:00 AM Sculpting DANIEL	9:00 AM Step Fusion DANIEL
9:00 AM Sculpting LISA	10:00 AM Zumba ALI	9:00 AM Sculpting LISA	10:00 AM Zumba ALI	10:00 AM Cardio Tone LARRY	10:00 AM Turbo Kick DEBBY	10:00 AM Cardio Kettle BOB
10:00 AM TaiChi/Yoga LARRY		10:00 AM Cardio Kettle BOB	4:30 PM Pilates DAWN		11:00 AM Cardio Kettle DEBBY	11:00 AM TaiChi/Yoga LARRY
5:30 PM Turbo Kick DEBBY	5:30 PM Cardio Kettle DEBBY ***	4:30 PM Zumba ALI	5:30 PM Cardio/Sculpt CAROLYN		12:00 PM Zumba ALI	
6:30 PM Yoga/Pilates KATHY / LISA	7:00 PM Yoga MARY ANN	5:30 -6:45 PM Turbo Kick DEBBY	6:30 PM Total Body AARON			
		7:00 PM Yoga KATHY G				