

SOUTH-Group X

Studio 1

Effect February 6th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:40 Strong Body (M) MICHELLE B.	6:00 am Cardio Sculpt (M) JESSICA	6:00 am Anything Goes (M) JESSICA		6:00 am Strong Body (M) LARISSA/JESSICA		
					7:30-8:30 AM Urban Warrior (A) JAIME	
9:15-10:10 am Firm (M) VANESSA	9:00-9:25 am Step Drills (M) BRENDA	9:00-9:40 am BAM! (M) SARAH	9:00-9:55 am Retro Robics (M) SARAH	9:00-9:55 am Firm (M) BRENDA	8:30-9:25 am Strong Body (M) CHAYLENE	
10:15 am Kelani Fitness (M) IOANA	9:30-10:25 am Strong Body (M) BRENDA	9:45-10:10 am Abs & Stretch (M) SARAH		10:00-10:25 am Abs & Stretch (M) BRENDA	9:30-10:25 am Advanced Step (A) LESLIE	9:05-9:55 am Strong Body (M) MICHELLE P.
	<i>NEW!</i> 10:30-11:25 am Zumba (M) SUE	10:15-11:10 am Cardio Dance Fusion (M) MATT		10:30-11:25 am Cardio Bellydance (M) CHAYLENE	10:30-10:55 am Beginner Step (B) LESLIE	10:00-10:55 Step & Sculpt (I) MICHELLE P.
		12:10-12:50 pm Cardio Dance Fusion (M) COREY			11:00-11:55 pm Cardio Dance Fusion (M) MATT	11:15-12:10 Cardio Dance Fusion (M) COREY
	4:10-4:25 pm Awesome Abs (M) RYAN E.		4:10-4:25 pm Awesome Abs (M) MEGAN		12:00-12:45 pm Videography (M) MATT	12:15-1:10 pm Cardio Bellydance (M) CHAYLENE
4:30-5:25 pm Strong Body (M) MELISSA	5:10-5:25 pm Awesome Abs (M) BRENDA	4:30-5:25 pm Cardio Dance Fusion (M) MATT	5:00-5:55 G.C.W.S. Kickboxing (M) SUZIE	5:10-5:25 pm Awesome Abs (M) BRENDA	11:55-12:15 pm Awesome Abs (M) RYAN E. In Studio 3	11:55-12:15 Awesome Abs (M) MEGAN In Studio 3
5:30-6:25 pm Urban Warrior (A) BRENDA	5:30-6:25 pm Strong Body (M) BRENDA	5:30-6:25 pm BAM! (M) BRENDA	6:00-6:25 pm Awesome Abs (M) JOSIE	5:30-6:25 pm Strong Body (M) BRENDA	<p>(B) = Beginner, (I) = Intermediate, (A) = Advanced, (M) = Multi Level</p> <p>Please be sure to advise your instructor if you are new to the class, or if you have any injuries or health concerns that may affect your ability to participate safely in the class</p>	
6:30-7:25 pm Intermediate Step (M) LESLIE	6:30-6:55 pm Awesome Abs (M) RACHEL	6:30-7:25 pm Step & Sculpt (B-I) JENNIE J.	6:30-7:25 pm Strong Body (M) RACHEL	6:30-7:25 pm Cardio Dance Fusion (M) MATT		
<i>NEW!</i> 7:30-8:25 pm Cardio Dance Fusion (M) CARLY	7:00-7:45 pm G.C.W.S Kickboxing (M) SUZIE	7:30-8:25 pm Cardio Dance Fusion (M) JENNY I.				
	<i>NEW!</i> 8:05-8:25 pm Tabata (I) RYAN E.					

(B) = Beginner

(I) = Intermediate

(A) = Advanced

(M) = Multi Level

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