

TECUMSEH-Group X
Studio 2 (Main Floor)

Effective February 6th, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 am Strong Body Express (M) BRAD		6:00 am Cardio Sculpt (M) MANDY			
	6:45 am Awesome Abs (M) BRAD		6:45 am Awesome Abs (M) MANDY			
9:15-10:00 am Urban Warrior (I-A) BRAD	<i>NEW TIME!</i> 9:15-9:45 am Kettlebell (M) KAREN	9:15 am Cardio Sculpt (M) KAREN	9:15 –10:30 Muscle Pump (M) MICHELE H.	9:15-10:00 Kettlebell (M) BRAD	9:00-10:00 Urban Warrior (I-A) BRENDA	9:30-10:15 Kettlebell (M) ROBERTA
	<i>NEW CLASS!</i> 9:45-10:15 am Cardio Drills (M) KAREN	10:15-10:45 am Abs & Stretch (M) KAREN			10:05 am Awesome Abs (M) BRENDA	
4:00-4:15 pm Awesome Abs RYAN R.		4:00-4:15 pm Awesome Abs RYAN R.				
	5:00-5:55 pm Cardio Dance Fusion (M) MATT	5:00-5:45 pm Turbo Kick (M) ANDREA		5:00-5:45 Kettlebell (M) ROBERTA		
5:30-6:25 pm Urban Warrior (I-A) CHRISTINE	<i>NEW!</i> 6:00-6:45 Strong Body (M) JESSICA	5:45-6:30 pm PiYo (M) ANDREA	<i>IT'S BACK!</i> 5:30 pm Strong Body (M) JESSICA			
6:30-7:25 pm Cardio Dance Fusion (M) MATT	<i>NEW TIME!</i> 6:45-7:15 pm Kettlebell (M) JESSICA	6:30-7:15 pm Kettlebell (M) ROBERTA	6:30-7:15 pm Cardio Dance Express (M) JENNY O.			
		<i>NEW!</i> 7:15 pm Zumba (M) MELISSA & BRIANNE				

(B) = Beginner

(I) = Intermediate

(A) = Advanced

(M) = Multi Level

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.