FITNESS WORLD-MARCH 2010 Group Ex. Schedule

NEW CLASS/NEW INSTRUCTOR
SUBSTITUTE INSTRUCTOR!
NEW TIME!
+ = over an hour class
xp = less than an hour class

MP Room=Free to Members and located in the basketball court

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
	5:45 PlyoPump Christina	6 am Muscle Pump Becky	5:45 PlyoPump LeighAnn	6 am Muscle Pump Becky		
		7:30 Pilates Jim E.		7:30 Pilates Jim E.	7 am Pilates Lindsey	
	9:15 Cardio Interval Diana					8:15 Muscle Pump Linda
	10:30 MP Michelle	9:30 CardioMix+ Nancy	9:30 Ball Pilates Michelle	9:30 Step Circuit Tracy	9:15 Abs Lab Erica	9:30 Cardiobox Tracy
	11:30 Cardio/Flex Michelle	11:00 Kidzercise (30 min) Nancy	10:30 TBST Kim		9:30 CardioBlast Erica	10:30 Muscle Pump Diana
			11:30 Cardio/Flex+ Nancy		10:30 Muscle Pump Beth H.	11:30 Pilates Sue
	5:00 Muscle Pump Jim	4:00 Yoga Scott	5:00 Muscle Pump Jim	4:15 Yoga+ Karen	11:30 Cardio/Flex Nancy	
	5:30 TRX Training (MP Room)	5:30 KettleBell (MP Room)	5:30 TRX Training (MP Room)	5:30 Intro KettleBell (MP Room)		
	6:00 Step II Kelly	5:30 Muscle Pump Linda	6:00 Double Step Kim	5:30 Zumba Natasha	6:00 Power Yoga Flow+ Jim E.	
	6:30 TRX Training (MP Room)	6:45 Power Yoga Flow Debbie	6:30 TRX Training (MP Room)	6:30 Muscle Pump+		
	7:00 Kickboxing JOJO		7:00 Yoga Victoria	(1 hour + xp STRETCH Lindsey		
7-Mar	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
	5:45 PlyoPump Christina	6 am Muscle Pump Becky	5:45 PlyoPump LeighAnn	6 am Muscle Pump Becky		
10:30 Step II+ Tracy		7:30 Pilates Jim E.		7:30 Pilates Jim E.	7 am Pilates Lindsey	
	9:15 Cardio Interval Diana					8:15 Muscle Pump Linda
	10:30 MP Michelle	9:30 CardioMix+ Nancy	9:30 Ball Pilates Michelle	9:30 Step Circuit Tracy	9:15 Abs Lab Erica	9:30 Cardiobox Tracy
1:00 MP Jim	11:30 Cardio/Flex Michelle	11:00 Kidzercise (30 min) Nancy	10:30 TBST Kim		9:30 CardioBlast Erica	10:30 Muscle Pump Diana
			11:30 Cardio/Flex+ Nancy		10:30 Muscle Pump Beth H.	11:30 Pilates Sue
3:30 Yoga+ Scott	5:00 Muscle Pump Jim	4:00 Yoga Scott	5:00 Muscle Pump Jim	4:15 Yoga+ Karen	11:30 Cardio/Flex Nancy	
	5:30 TRX Training (MP Room)	5:30 KettleBell (MP Room)	5:30 TRX Training (MP Room)	5:30 Intro KettleBell (MP Room)		
	6:00 Step II Kelly	5:30 Muscle Pump Linda	6:00 Double Step Kim	5:30 Zumba Natasha	6:00 Power Yoga Flow+ Jim E.	
	6:30 TRX Training (MP Room)	6:45 Power Yoga Flow Debbie	6:30 TRX Training (MP Room)	6:30 Muscle Pump+		
	7:00 Kickboxing JOJO		7:00 Yoga Victoria	(1 hour + xp STRETCH Lindsey		
14-Mar	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
	5:45 PlyoPump Christina	6 am Muscle Pump Becky	5:45 PlyoPump LeighAnn	6 am Muscle Pump Becky		
10:30 Step II+ Tracy		7:30 Pilates Jim E.		7:30 Pilates Jim E.	7 am Pilates Lindsey	
	9:15 Cardio Interval Diana					8:15 Muscle Pump TBD
	10:30 MP Michelle	9:30 CardioMix+ Nancy	9:30 Ball Pilates Michelle	9:30 Step Circuit Tracy	9:15 Abs Lab Erica	9:30 Cardiobox Tracy
1:00 MP Jim	11:30 Cardio/Flex Michelle	11:00 Kidzercise (30 min) Nancy	10:30 TBST Kim		9:30 CardioBlast Erica	10:30 Muscle Pump Lindsey
			11:30 Cardio/Flex+ Nancy		10:30 Muscle Pump Beth H.	11:30 Pilates Sue
3:30 Yoga+ Scott	5:00 Muscle Pump Jim	4:00 Yoga Scott	5:00 Muscle Pump Jim	4:15 Yoga+ Karen	11:30 Cardio/Flex TBD	
	5:30 TRX Training (MP Room)	5:30 KettleBell (MP Room)	5:30 TRX Training (MP Room)	5:30 Intro KettleBell (MP Room)		
	6:00 Step II Kelly	5:30 Muscle Pump Linda	6:00 Double Step Kim	5:30 Zumba Natasha	6:00 Power Yoga Flow+ Sharon	
	6:30 TRX Training (MP Room)	6:45 Power Yoga Flow Debbie	6:30 TRX Training (MP Room)	6:30 Muscle Pump+		
	7:00 Kickboxing JOJO		7:00 Yoga Victoria	(1 hour + xp STRETCH Lindsey		
21-Mar	22-Mar	23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
	5:45 PlyoPump Christina	6 am Muscle Pump Becky	5:45 PlyoPump LeighAnn	6 am Muscle Pump Becky		
10:30 Step II+ Tracy		7:30 Pilates Jim E.		7:30 Pilates Jim E.	7 am Pilates Lindsey	
	9:15 Cardio Interval Diana					8:15 Muscle Pump Sharon
	10:30 MP Michelle	9:30 CardioMix+ Nancy	9:30 Ball Pilates Michelle	9:30 Step Circuit Tracy	9:15 Abs Lab Erica	9:30 Cardiobox Tracy
1:00 MP Jim	11:30 Cardio/Flex Michelle	11:00 Kidzercise (30 min) Nancy	10:30 TBST Kim		9:30 CardioBlast Erica	10:30 Muscle Pump Lindsey
			11:30 Cardio/Flex+ Nancy		10:30 Muscle Pump Beth H.	11:30 Pilates Sue
3:30 Yoga+ Scott	5:00 Muscle Pump Jim	4:00 Yoga Scott	5:00 Muscle Pump Jim	4:15 Yoga+ Karen	11:30 Cardio/Flex Nancy	
	5:30 TRX Training (MP Room)	5:30 KettleBell (MP Room)	5:30 TRX Training (MP Room)	5:30 Intro KettleBell (MP Room)		
	6:00 Step II Sharon	5:30 Muscle Pump Linda	6:00 Double Step Kim	5:30 Zumba Natasha	6:00 Power Yoga Flow+ Jim E.	
	6:30 TRX Training (MP Room)	6:45 Power Yoga Flow Debbie	6:30 TRX Training (MP Room)	6:30 Muscle Pump+		
	7:00 Kickboxing JOJO		7:00 Yoga Victoria	(1 hour + xp STRETCH Lindsey		
28-Mar	29-Mar	30-Mar	31-Mar			
	5:45 PlyoPump Christina	6 am Muscle Pump Becky	5:45 PlyoPump LeighAnn			
10:30 Step II+ Tracy		7:30 Pilates Jim E.				
	9:15 Cardio Interval Diana		9:30 Ball Pilates Michelle			
	10:30 MP Michelle	9:30 CardioMix+ Nancy	10:30 TBST Kim			
1:00 MP Jim	11:30 Cardio/Flex Michelle	11:00 Kidzercise (30 min) Nancy	11:30 Cardio/Flex+ Nancy			
	5:00 Muscle Pump Jim		5:00 Muscle Pump Jim			
3:30 Yoga+ Scott	5:30 TRX Training (MP Room)	4:00 Yoga Scott	5:30 TRX Training (MP Room)			
	6:00 Step II Kelly	5:30 KettleBell (MP Room)	6:00 Double Step Kim			
	6:30 TRX Training (MP Room)	5:30 Muscle Pump Tracy	6:30 TRX Training (MP Room)			
	7:00 Kickboxing JOJO	6:45 Power Yoga Flow Debbie	7:00 Yoga Victoria			

Fitness World MARCH 2010 -SCHEDULE SUBJECT TO CHANGE THROUGHOUT THE MONTH