

FITNESS WORLD-October 2008- Group Ex. Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1-Oct	2-Oct	3-Oct	4-Oct
NEW CLASS! SUBSTITUTE INSTRUCTOR! NEW TIME! + = over an hour class xp = less than an hour class			7:00 Cardio circuit xp Lindsey 9:30 Ball Pilates Michelle 10:30 Zumba Mary 11:30 Cardio/Flex Nancy 5:00 Muscle Pump Jim 6:00 Hip Hop Erica	6 am Muscle Pump Diana 7:30 Pilates xp Jen 9:30 Step Circuit Tracy 10:30 Muscle Pump Leigh Ann 4:15 Yoga+ Vickie 5:30 Step Circuit Victoria 6:30 Muscle Pump+ (1 hour + xp STRETCH w/ Lindsey)	6 am Pilates Lindsey 9:00 Cardioblast+ Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 5:30 ZUMBA! TBA	8:15 Muscle Pump Linda 9:30 Cardiobox Tracy 10:30 Muscle Pump Beth 11:30 Pilates Sue
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
10:30 Step II+ Tracy 1:00 MP Jim 2:30 Turbo Kick Melissa 3:30 Yoga+ Scott	9:30 Cardio Interval Diana 10:30 MP Christina 11:30 Cardio/Flex Michelle 5:00 Muscle Pump Jim 6:00 Step II Tracy 7:00 Kickboxing JOJO	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 CardioMix+ Nancy 10:45 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 Muscle Pump Linda 6:30 Yoga Fusion+ Christine	7:00 Cardio circuit xp Lindsey 9:30 Ball Pilates Michelle 10:30 ZUMBA Mary 11:30 Cardio/Flex Nancy 5:00 Muscle Pump Jim 6:00 Step II Victoria	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 Step Circuit Tracy 10:30 Muscle Pump Leigh Ann 4:15 Yoga+ Karen 5:30 Step Circuit Victoria 6:30 Muscle Pump+ (1 hour + xp STRETCH w/ Lindsey)	6 am Pilates Lindsey 9:00 Cardioblast+ Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 5:30 ZUMBA! LaShawn	8:15 Muscle Pump Linda 9:30 Cardiobox Tracy 10:30 Muscle Pump Diana 11:30 Pilates Sue
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
10:30 Step II+ Tracy 1:00 MP Jim 2:30 Turbo Kick Melissa 3:30 Yoga+ Scott	9:30 Cardio Interval Diana 10:30 MP Christina 11:30 Cardio/Flex Michelle 5:00 Muscle Pump Jim 6:00 Step II Tracy 7:00 Kickboxing JOJO	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 CardioMix+ Nancy 10:45 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 Muscle Pump Linda 6:30 Yoga Fusion+ Christine	7:00 Cardio circuit xp Lindsey 9:30 Ball Pilates Michelle 10:30 ZUMBA Mary 11:30 Cardio/Flex Nancy 5:00 Muscle Pump Jim 6:00 Step II Victoria	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 Step Circuit Tracy 10:30 Muscle Pump Leigh Ann 4:15 Yoga+ Karen 5:30 Step Circuit Victoria 6:30 Muscle Pump+ (1 hour + xp STRETCH w/ Lindsey)	6 am Pilates Lindsey 9:00 Cardioblast+ Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 5:30 ZUMBA! LaShawn	8:15 Muscle Pump Linda 9:30 Cardiobox Tracy 10:30 Muscle Pump Lindsey 11:30 Pilates Sue
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
10:30 Step II+ Christina 1:00 MP Jim 2:30 Turbo Kick Melissa 3:30 Yoga+ Scott	9:30 Cardio Interval Diana 10:30 MP Christina 11:30 Cardio/Flex Michelle 5:00 Muscle Pump Jim 6:00 Step II TBA 7:00 Kickboxing JOJO	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 CardioMix+ Nancy 10:45 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 Muscle Pump Linda 6:30 Yoga Fusion+ Christine	7:00 Cardio circuit xp Lindsey 9:30 Ball Pilates Michelle 10:30 ZUMBA Mary 11:30 Cardio/Flex Nancy 5:00 Muscle Pump Jim 6:00 Step II Victoria	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 Step Circuit Diana 10:30 Muscle Pump Leigh Ann 4:15 Yoga+ Karen 5:30 Step Circuit Victoria 6:30 Muscle Pump+ (1 hour + xp STRETCH w/ Lindsey)	6 am Pilates Lindsey 9:00 Cardioblast+ Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 5:30 ZUMBA! LaShawn	8:15 Muscle Pump Linda 9:30 Cardiobox Tracy 10:30 Muscle Pump Lindsey 11:30 Pilates Sue
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	
10:30 Step II+ Tracy 1:00 MP Jim 2:30 Turbo Kick Melissa 3:30 Yoga+ Scott	9:30 Cardio Interval Diana 10:30 MP Christina 11:30 Cardio/Flex Michelle 5:00 Muscle Pump Jim 6:00 Step II Tracy 7:00 Kickboxing JOJO	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 CardioMix+ Nancy 10:45 Kidzercise (30 min) Nancy 4:00 Yoga Scott 5:30 Muscle Pump Linda 6:30 Yoga Fusion+ Christine	7:00 Cardio circuit xp Lindsey 9:30 Ball Pilates Michelle 10:30 ZUMBA Mary 11:30 Cardio/Flex Nancy 5:00 Muscle Pump Jim 6:00 Step II Victoria	6 am Muscle Pump Becky 7:30 Pilates xp Jen 9:30 Step Circuit Tracy 10:30 Muscle Pump Leigh Ann 4:15 Yoga+ Karen 5:30 Step Circuit Victoria 6:30 Muscle Pump+ (1 hour + xp STRETCH w/ Lindsey)	6 am Pilates Lindsey 9:00 Cardioblast+ Erica 10:30 Muscle Pump Beth H. 11:30 Cardio/Flex Nancy 5:30 ZUMBA! LaShawn	