

CLASS SCHEDULE

M

5:30 AM - POUND	WITH KELLY	STUDIO 2
9 AM - SILVER SNEAKERS	WITH TAMI	STUDIO 1
10 AM - SILVER SNEAKERS	WITH TAMI	STUDIO 1
6:30 PM - ADV KARATE	WITH SHANNON	STUDIO 2
6:30 PM - ZUMBA	WITH KATHY	STUDIO 1
7:30 PM - PEAK PILATES	WITH KELLY	STUDIO 1

T

5 AM - CIRCUIT(PRE REG)	WITH KELLY	STUDIO 2
5:35 AM - AMPD RESISTANCE	WITH KELLY	STUDIO 2
6:30 PM - KETTLEBELL AMPD	WITH KELLY	STUDIO 2
6:30 PM - KARATE	WITH SHANNON	STUDIO 1

W

5:30 AM - CIRCUIT(PRE REG)	WITH KELLY	STUDIO 2
9 AM - SILVER SNEAKERS	WITH TAMI	STUDIO 1
10 AM - SILVER SNEAKERS	WITH TAMI	STUDIO 1
12 PM - YOGA	WITH TAMI	STUDIO 1
6 PM - POUND	WITH KELLY	STUDIO 2
6:30 PM - ZUMBA	WITH KATHY	STUDIO 1

T

5:30 AM - KETTLEBELL AMPD	WITH KELLY	STUDIO 2
9 AM - YOGA	WITH TAMI	STUDIO 1
5:45 PM - CIRCUIT	WITH KELLY	STUDIO 2

F

5:30 AM - AMPD POWER FLOW	WITH KELLY	STUDIO 2
6:30 PM - ZUMBA	WITH KATHY	STUDIO 1

S

8:30 AM - POUND	WITH KELLY	STUDIO 2
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4:30 PM - CIRCUIT	WITH KELLY	STUDIO 2
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