

SUMMER GROUP FITNESS SCHEDULE (Effective: 06-14-2010)

STUDIO A (2nd Floor)	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am	LESMILLS BODYPUMP GINA		LESMILLS BODYPUMP SHAWNA		LESMILLS BODYPUMP CHRIS			
	8.15am	Beg./Inter. Hatha Yoga KAY	LESMILLS BODYPUMP ADRIAN	FUSION: Yoga + ABs AMY	Power PiYo AMY	LESMILLS BODYPUMP SHAWNA	8.45am	Yoga PAT	
	9.15am	LESMILLS BODYSTEP ADRIAN	LESMILLS BODYATTACK ADRIAN	LESMILLS BODYSTEP JANE	Beg./Inter. Hatha Yoga KAY	Yoga JULIE	10.15am	LESMILLS BODYPUMP ADRIAN	
	10.15am	LESMILLS BODYPUMP SHAWNA	LESMILLS BODYVIVE NICOLE	LESMILLS BODYPUMP JESSY	LESMILLS BODYVIVE NICOLE	LESMILLS BODYCOMBAT NICOLE	11.15am	LESMILLS BODYATTACK BRENT M.	
	11.30am		LESMILLS BODYFLOW NICOLE	Yoga JULIE	LESMILLS BODYATTACK *11.15am ADRIAN	LESMILLS BODYFLOW NICOLE	12.15pm	LESMILLS BODYPUMP COREY	LESMILLS BODYJAM NICOLE
	12.30pm			Lunch Xpress: YOGA w/ JULIE			1.15pm	LESMILLS BODYSTEP NICOLE	LESMILLS BODYCOMBAT NICOLE
	2.00pm	Beginner Yoga SUSAN					2.15pm	LESMILLS BODYFLOW NICOLE	LESMILLS BODYPUMP BRENT
	3.00pm	PiYo SUSAN					3.15pm		Yoga PAT
	4.30pm	LESMILLS BODYFLOW NICOLE	Chan Sword (Advanced) PIERCE	LESMILLS BODYATTACK BRENT M.	Chan Sword (Beginner) PIERCE				
	5.00pm		Beginner T'ai Chi PIERCE		Intermediate T'ai Chi PIERCE				
	5.30pm	LESMILLS BODYPUMP JESSY	Intermediate T'ai Chi PIERCE	LESMILLS BODYPUMP JUSTIN	Beginner T'ai Chi PIERCE	LESMILLS BODYPUMP ADRIAN			
	6.30pm	LESMILLS BODYSTEP BRENT M.	LESMILLS BODYPUMP COREY	LESMILLS BODYCOMBAT JUSTIN	LESMILLS BODYSTEP BRENT M.	LESMILLS BODYJAM KATIE			
7.30pm		Zumba REBECCA	Foundation Yoga AMY	Yoga PAT					

Cycling Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	6.00am		Road Ride SHAWNA		Road Ride SHAWNA				
	9.15am	Road Ride SHAWNA		LESMILLS RPM ADRIAN		LESMILLS RPM MIMI	9.15am	Road Ride SHAWNA	
	6.30pm	LESMILLS RPM ADRIAN	Spin, Core and More! KARYNA		LESMILLS RPM JESSY		1.15pm		LESMILLS RPM JESSY

