


EFFECTIVE:
1/15/2010

NEW JANUARY SCHEDULE

Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Melanie Step Interval Training	6:30AM Vincenzo Bootcamp	9:30AM Hakeem Yoga/Pilates Combo	6:30AM Vincenzo Bootcamp	9:30AM Melanie Mat Pilates w/ Rings	9:30AM Lyle Pump & Ride	10:30AM Leona Total Body Sculpt
9:30AM Jo Firm Fusion	8:30AM Sharyn Power Core Fusion	5:30PM Andrew Booty Camp (30 min)	8:30AM Sharyn Power Core Fusion	(30min) 10:00AM Melanie Defined Behind	11:30AM Melanie Mat Pilates w/ Rings	
10:30AM Joseph Yoga- All levels	10:30AM Joseph Yoga- All levels	6:00PM Andrew Hard Core (30 min)	10:30AM Joseph Yoga- All levels		Defined Behind Melanie (30min)	
5:30PM Andrew Dynamic Physique	12:30PM Julianne MAT PILATES	7:30PM Joseph Yoga- All levels	12:30PM Melanie MAT PILATES		10:30AM Melanie Firm Fusion	
6:30PM Vincenzo Salsa/Hip Hop	5:30PM Lisa Bootcamp		5:30PM Andrew Dynamic Physique		11:30AM Melanie MAT PILATES	
			6:30PM Vincenzo Kombat Kardio			

Roadracers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Ron ROADRACERS	6:00AM Tracey Lynn ROADRACERS	8:30AM Ron ROADRACERS	6:00AM Tracy Lynn ROADRACERS	8:30AM Jo ROADRACERS	8:30AM Tami ROADRACERS	9:15AM Larry ROADRACERS
6:15PM Lyle ROADRACERS	9:30AM Joseph ROADRACERS	6:15PM Lyle ROADRACERS	9:30AM Joseph ROADRACERS		10:00AM Lyle Pump & Ride	(60min)
	6:30PM Jo ROADRACERS	(60min)	6:30PM Jo ROADRACERS		(30min)	



Boxing / Kickboxing

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM Chris S. Kickboxing	10:00AM Jason Kickboxing	6:00AM Chris S. Kickboxing	10:00AM Jason Kickboxing	6:00AM Chris S. Kickboxing	10:00AM Troy Boxing	10:00AM Jason Kickboxing
12:30PM Floyd Boxing	6:30PM Lisa Kickboxing	12:30PM Floyd Boxing	7:30PM Jason Kickboxing	12:30PM Floyd Boxing	11:00AM Troy Boxing	
4:30PM Floyd Boxing	7:30 Jason Kickboxing	4:30PM Floyd Boxing		4:30PM Floyd Boxing		
5:30PM Matt W. Kickboxing		5:30PM Matthew Kickboxing		6:30PM Floyd Boxing		
6:30PM Floyd Boxing		6:30PM Floyd Boxing				
7:30PM Matthew Kickboxing		7:30PM Jason Kickboxing				

