

AEROBICS ROOM SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5am						
6am	5:30-6 Core/Belly Workout			5:30-6 Core/Belly Workout		
7am		7-8 Group Cycling*		7:30-8:30 Group Cycling*		
8am	8-8:30 Muscle Time	8-8:45 Muscle Time	8-8:30 Muscle Time		8-8:30 Muscle Time	8-10 Cardiovascular Boxing
9am	8:30-9:30 Aerobic Training	9-10:30 Body Sculpting	8:30-9:30 Aerobic Training	9-10:30 Body Sculpting	8:30-9:30 Aerobic Training	
10am	9:30-11 Power Step/ Power Sculpt	10:30-11:30 Vinyasa Yoga*	9:30-11 Power Step/ Power Sculpt	10:30-11:30 Vinyasa Yoga*	9:30-11 Power Step/ Power Sculpt	
11am						
12pm	11:30-12:30 Adv. Tai Chi Chuan*	12-1 Group Cycling*			12-1 Group Cycling*	
1pm	12:30-1:30 Intro. Tai Chi Chuan*					
2pm						
3pm						
4pm	4-5 Lifelines	4-5 Ultimate Cross Training	4-5 Lifelines	4-5 Step Ahead		
5pm		5-6 Step Ahead	5-6 Pilates*	5-6 Ultimate Cross Training		
6pm	5:30-6:30 Group Cycling*			6:15-7:15 Group Cycling*		
7pm						
8pm						

*Classes marked with an asterisk are Specialty Classes and come with an extra fee

KEY:	Full Class in AR	Partial Class in AR
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